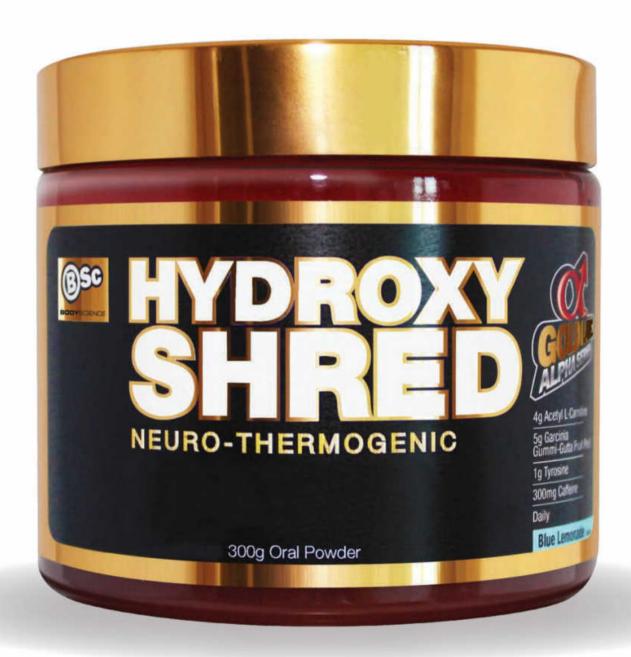
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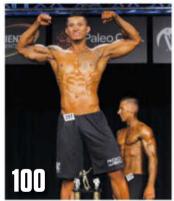
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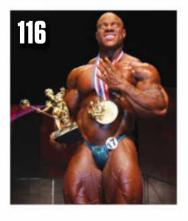
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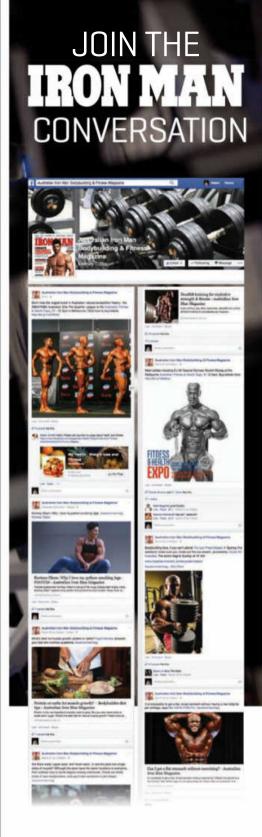
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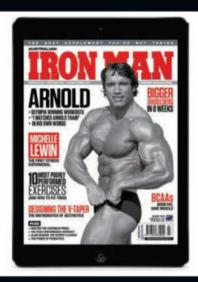
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PUBLISHER'S LETTER

Slow and Steady



When it comes to fitness, slow and steady really does win the race.

Remember, we're in this fitness game for the long haul. Any shortcuts you take to get somewhere quickly will trip you up around the corner. Everyone knows the story of the tortoise and the hare. It's a cliché but it's true: consistency really does beat fast but foolish overconfidence.

As eight-time Mr. Olympia Lee Haney put it, "The world wasn't formed in a day, and neither were we. Set small goals and build upon them." In this case, he was talking about exercise — to not go so hard that it hinders your progress overall. In his words, to stimulate, not annihilate.

AS EIGHT-TIME MR.
OLYMPIA LEE HANEY PUT
IT, "THE WORLD WASN'T
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However, this idea goes just as well for other aspects in your life. It can easily be applied to nutrition — beware the extreme diets and super-restrictive eating plans that might yield short-term benefits but are highly damaging in the long run. It also applies significantly to your mental state, and the state of mind you put yourself in when committing to a goal.

And it can be frustrating, I know. It's hard to look at someone a few years more advanced than yourself and realise that things don't ever happen as quickly as you would wish. But remember that the tortoise wasn't just consistent, he was also humble when the hare was cocky and puffed up full of himself. And we all know who wins the race in the end.

It was a long road to success for our Aussie cover model Sonny Brown, whose interview you'll find on page 86. To look at him now, you might think he must have been born lucky and doors just opened for him wherever he went. But that was certainly not the case. He had to work hard to get where he's got to — and where I'm sure he's going in the future. He's truly a 'Man on a Mission'.

The same goes for Australian physique champion Joe Pitt, whose '5 Secrets to Shoulder Success' you can also find in this issue. The former Rugby League player's career in that sport was cut short by injury. It was only after this hardship that he changed tactics and started building a new career for himself in bodybuilding.

The idea is to get inspired by those who have progressed further than you, but never feel disheartened that you cannot get there yourself. You can and you will, if you approach each of your goals with consistency and purpose.

Slow and steady wins the race.



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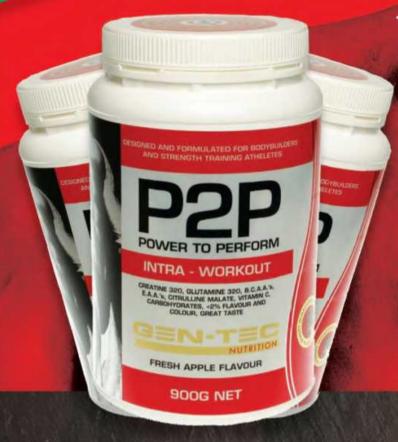




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Nick Jones
Founder GEN-TEC Nutrition

NEWS & VIEWS

RNNYRIIII DING

BENDIGO STRONG

Arnold Strongman Australia will be holding its first qualifier event for the Arnold Classic Australia 2016 strongman competition. Bendigo, Victoria, will have the giants descend on it on the weekend of 7-8 November to compete in a variety of qualifying events. So far, the events announced will be Australia's Strongest Man, the primary qualifier for the Arnold Classic Australia Pro Strongman 2016 and the Strong Fit Championships, the qualifier for the Arnold Classic Australia Amateur Strongman Championships 2016. This latter event features weight divisions of Heavyweight Men. Under-105 kg Men, Under-90 kg Men and a women's division. The Bendigo event promises to be a huge attraction for the rural town. with a weekend of fitness and fun.



FULL-BODY FOR BIGGER GAINS? Bodybuilders have been dividing up their muscle groups into different days for so long that sometimes it seems there isn't another way. Of course, there is, A new study published in the Journal of Strength and Conditioning Research investigated the effect of training frequency on muscular adaptations. Nineteen young guys with at least four years' training experience were put into either a full-body group or a body part split group. The subjects had their biceps, triceps and quads measured, as well as their maximal strength, both before and after the study. After eight weeks, the results were in: although subjects in both groups got their arms and quads significantly bigger, it was the full-body group who got the bigger gains, especially in the biceps. However, there was no significant difference in strength gains between the groups. So if you're happy with a body part routine, that's fine, but don't dismiss the full-body workout out of hand. However, as lead author Brad Schoenfeld said in a blog post about this study: "Any discussion of training frequency must take total weekly volume into account. Greater training frequencies...using a split routine can be employed to maximise total weekly volume and thus potentially drive greater hypertrophy over time."

YOU DON'T EAT MORE **POST-WORKOUT**

Does physical activity make you eat more? A recent meta-analysis says maybe not.

The review, published in PLoS One, looked at more than 100 different studies that included data on energy intake and exercise. The compiled results showed that there was no consistent evidence that increased exercise affects macronutrient intake.

Although this was just a review rather than a dedicated study, and further research will have to measure over a longer period of time the effects on food intake that exercise has, it does raise some interesting questions.

If you're trying for muscle gains, this could mean that exercise alone might not make you hungry enough to eat enough to repair and build more muscle. Conversely, if you're worried about training too hard while trying to lose body fat, maybe you don't need to stress about accidentally overeating post-workout.



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FAT CHANCE

A recent study, published in the *American Journal of Public Health*, looked at the likelihood of obese people achieving a healthy weight. Unfortunately, the results were pretty grim.

Researchers from King's College London looked at an obese group of men and women over the course of a decade. Measuring how many of the group managed to attain a 'normal body weight', the researchers determined that the probability of an obese man getting to a normal weight was one in 210 - and one in 124 for women. The unlikelihood skyrocketed if a person was considered morbidly obese $\stackrel{\cdot}{-}$ one in 1290 for men and one in 677 for women. The researchers concluded that for obese people, achieving and maintaining weight loss is very unlikely and that the current frameworks designed to treat obesity are ineffective.

All the more reason to live a fitness lifestyle before things get beyond the point of no (or unlikely) return.



GOODBYE TRANS FATS

The US Food and Drug Administration (FDA, you might have heard of them) recently announced that they would be phasing out trans fat from food, with a projected elimination by 2018.

Trans fats are unsaturated fats that act like saturated fats and can raise your bad cholesterol levels and decrease the good. In addition, they're associated with increased risk of heart disease. So, bravo US FDA.

It will be quite a task to get rid of them completely, considering so much trans fat is found in many, many processed foods. You might not even realise you're consuming it. It can be found, especially in the States, in margarine, fast food, commercial cakes and biscuits, pies and pastries.

The Dietitians Association of Australia recommends avoiding deep-fried fast food, limiting cream and butter, as well as cutting the visible fat off meats (including chicken skin) to avoid ingesting too many trans fats.

ICE BATH CHALLENGED

Ever dipped into an ice bath after training to 'help your muscles recover'? If so, you might be kicking yourself after reading this.

A new study, to be published in the *Journal of Physiology*, investigated whether jumping into an ice bath post-workout actually does any good. It turns out that 'cold water immersion' actually slows down the satellite cell and mTOR pathway activation, strength acquisition and muscle fibre hypertrophy.

The researchers concluded that cold water immersion "attenuates the acute changes in satellite cell numbers and activity of kinases that regulate muscle

hypertrophy, which may translate to smaller long-term training gains in muscle strength and hypertrophy" and that the post-workout activity should be reconsidered.

In plain English? Ice baths make it harder, not easier, for your muscles to recover and build new mass. So unless it's for charity, stop the ice bathing.



CREATINE FOR BONES

A new study has found that supplementing with creatine may not only help your workouts but also your bones.

The research, published in *Medicine & Science in Sports* and *Exercise*, involved looking at the effects of creatine supplementation in post-menopausal women. The women were put on a resistance-training program where they would get either creatine or a placebo.

The results showed that after 12 months, the creatine group had better bone mineral density. As well, the creatine group had improved their strength results in the bench press by a greater margin than the placebo group.

There were also no differences between the groups in terms of liver abnormalities (because creatine is safe).

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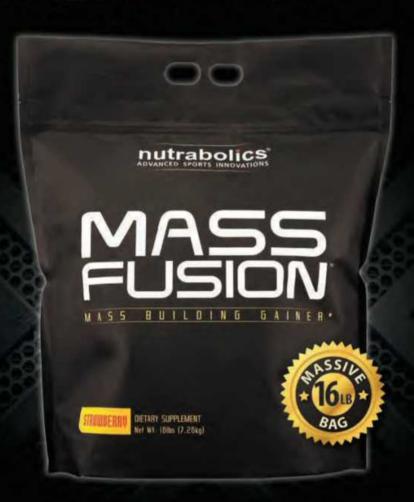
The average increase in BMI once a man becomes a father. That's according to a recent study from Northwestern University's Feinberg School of Medicine in Chicago, USA. Researchers tracked the weight gain of more than 10,000 men over a 20 year period. The findings have been published in the *American Journal of Men's Health*.

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IFBB ACHIEVES ACCEPTANCE

The IFBB has had its proposal for recognition accepted at the recent Annual General Assembly of the Pan American Sports Organization (PASO). A press release said that the president of the IFBB, Rafael Santonja, was proud to announce the news as "a milestone for the IFBB as it seeks worldwide sport inclusion".

The PASO represents the national Olympic committees of both North and South America and is affiliated with the IOC. The general meeting was held in Toronto during the 2015 Pan American Games in July.

Although bodybuilding has always seemed like a long shot for inclusion in the Olympics, it was a dream of IFBB founders Ben and Joe Weider. This may be one step closer in that direction.



Dien Narwen

UNDER PRESSURE

Blood flow restriction training might be helpful in actually lowering blood pressure, a study suggests.

The recent research, published in the *Journal of Strength and Conditioning Research*, looked at lowintensity resistance training combined with blood flow restriction (such as elastic bands) and its effect on postworkout blood pressure.

Researchers had 15 young men perform two separate workout regimes. The first consisted of heavy biceps curls (80 per cent of 1RM) and long rest periods between sets; the second consisted of light (40 per cent of 1RM) biceps curls using a blood flow restriction technique and shorter rest periods. Blood pressure (both systolic and diastolic) was analysed both before and after each workout.

The results showed that after the blood flow restricted workout, there were significant decreases in blood pressure post-workout compared to the baseline numbers. The study concluded that low-intensity single-joint exercises might benefit from blood flow restriction techniques to "promote a post-exercise hypotensive response".

SUPER SHOW IN PER

The INBA West Coast SuperShow will have a \$25,000 prize pool and an expected 150 bodybuilding competitors across 30 divisions.

Held over two massive days as part of the Fitness and Health Expo,



the Weekend of the SuperShow also gives competitors the opportunity to qualify for nationals as well as earn their pro status in the Elite Pro Qualifier division.

The expo and INBA West Coast SuperShow will be held at the Perth Convention & Exhibition Centre.

For more information, visit www.fitnessexpo.com.au.

VDFPA LIFTS OFF

For those looking to get into natural powerlifting, the next competition from the Victorian Drug Free Powerlifting Association (VDFPA) kicks off with the John Clow Classic on September 20 at Fullfitment Health & Fitness in Kensington, Melbourne. "We are a small association with a strong focus on a drug-free, friendly platform for people to compete and strive for personal development in a positive, encouraging environment," says promoter Alannagh Pooley. "This year we are hoping to grow the federation and give drug-free lifters another forum for competitive powerlifting in Victoria."

The events staged by the VDFPA operate under the WDFPF (World Drug Free Powerlifting Federation) rulebook and are 'family focused' affairs with free mini-massages, sausage sizzles and bake sales all part of the fun.

For more information or to sign up to compete, please visit their Facebook group at http://on.fb.me/10JBX0r or australiandrugfreepowerlifting.com.au.



elita Jagic



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BIG RAMY DOWN UNDER

Great news for Aussie fans with Mamdouh Elssbiay set to guest pose at the 2015 IFBB Victorian Titles on October 4, a mere two weeks after the Mr. Olympia. The man known as 'Big Ramy', most recently won first place at the Arnold Classic Brazil, making history as the first Egyptian to win this coveted prize. Watch this space for more information.



DID YOU KNOW?

The official logo for the NABBA federation is actually the silhouette of legendary bodybuilder John Grimek, winner of the 1948 Mr. Universe.





LEARN FROM A LEGEND

Australian bodybuilding legend Graeme Lancefield has started providing free posing and comp prep classes on Saturday mornings at his Athletique Health Club gym in Preston, Melbourne.

The classes are absolutely free and provide tips for all competitive divisions from men's and women's bodybuilding through to sports modelling. Graeme, the 1978 Mr. Australia and 1991 Masters Mr Universe, is the NABBA/WFF World President, so his knowledge is invaluable for prospective competitors, whether you're a first-timer or a seasoned veteran. For details, check out facebook.com/TheAthletiqueHealthClub



The Austrian Oak never fails to surprise us and in true iconic fashion, the living legend has drawn parallels between training at the gym and minimising the impact on the environment.

In a short essay published by *TIME* magazine in May, Arnold asserts his views on the environment as well as discussing broader social, economic and political issues during and after his time as the governor of California. It's a fascinating comparison, where Arnold compares the progressive nature of weight training with the importance of goal setting to looking after our environment. His simple yet profound message carries itself with a great degree of utilitarianism that anyone can appreciate — no wonder this man is a hero to so many. Check out the link here: http://ti.me/1bsQhLW.

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T2G TRAIN TO GAIN INCREASE YOUR MUSCLE, NOT YOUR GUT

The Deadlift

By Brian Carroll

Want to get big and strong throughout your whole body? Do you want traps reaching toward your ears and a back that is literally 3-D? Then you need to deadlift. In my experience, nothing will stimulate posterior chain growth, size and strength, power and sick back development like a proper deadlift. You won't build traps, rhomboids, erectors and lats that look like a cobra without consistent deadlift training.

Form is paramount with the deadlift. Proper technique is something that needs to be built and ingrained with the lightest weights. Top to bottom, lifting 45 pounds (20 kg) or 800 pounds (363 kg), nothing changes. The deadlifting starts with the bar on the floor. Much like the squat, everything from your toes to your ears should be tight. The deadlift is the most mentally demanding of the big three lifts, so a proper mental state is very important.

Squeeze your rhomboids and keep your lats locked down and your head in the same position as during a squat. This is what I refer to as lifter's wedge or the gorilla lean. You're pulling the slack out of the bar in the bottom of the lift as you're actively trying to bend the bar and engage your lats, setting your hips low enough to get leg drive but not too low that it pitches you forward. Every muscle is as tight as possible until you're ready to pick up the weight. Once you're ready, drive your heels through the floor while keeping the bar as close as possible to your body as you pull it up.

Many parts of the deadlift will vary from person to person with leverages or injury history influencing form and ability. Keep this in mind when setting up, especially with your hip height and with the distance away from the bar as you set your grip and prepare to pull. As always, try these tips and see what works for you and make it your own!

You want to have a death grip on the bar and should try to bend it with

your lats as it sits in your hands. Most lifters use an over-under grip, meaning the strong hand is over and the weak hand is under to help balance the grip. As you bend the bar, you gain leverage. The goal is to maintain as neutral a spine as possible to not only keep leverages intact but your spine as well. Locking your back in with gigantic muscles like your lats will do a great job with this.

Once you've gone over your mental checklist — correct distance from the bar, bending the bar with your lats, chest up, head up, hips down, pulling the slack out of the bar — you're ready to pull. This is when you stay patient but try to be as explosive as possible without yanking on the bar and turning it into a stiff-leg deadlift. Granted, some outliers pull better this way, but chances are you're not one of them.

Many parts of the deadlift will vary from person to person with leverages or injury history influencing form and ability.

To initiate the start and break the bar from the floor, simply drive your heels through the ground and squeeze the bar up. By having the slack pulled out, the bar will pop off the floor with better speed and stay closer to your body. This is something that takes practice. Jerking the bar will destroy your back and kill your lockout power.

As the bar comes up the shin, start pulling back. You might see some lifters actually fall backward

when using a lighter weight. This means they're counterbalancing the bar to create leverage. This is a very good thing. If you get pulled forward on a heavy deadlift and go up on your toes, you'll lose the leverage and increase your chance of injury and missing the lift. Never take a weight lightly.

Once the bar comes across the knee, make sure to squeeze your glutes as hard as you can to push your hips through to finish the lift. Be patient, not only off the floor but at lockout. The bar has to continue moving up and cannot go down and then back up to finish the lift. This is called hitching. Squeezing the glutes will help push the hips forward.

Do not pull heavy every week. For that matter, you don't even need to deadlift every week. Like the squat and bench, heavy pulling has a way of taxing the body that many exercises will never touch. Use the 10/20/Life principles, and only pull heavy two out of three weeks. Having two weeks heavy and one light has a way of building positive momentum. Use the third week as a light week to recover and adjust form.

Don't bounce the bar when doing multiple rep sets. Set the weight down and reset and then go. The touchand-go method has its place (mainly for assistance work), but remember, the deadlift starts in the bottom, not at the top, so treat it as such. Just like you would train the squat or bench starting from the top, you train the deadlift from a complete stop.

Use rows, chin-ups and rack pulls to build your deadlift. After doing your main work for the day on the deadlift, use your assistance work to target your weak points to improve the lift. I've seen 100-pound (45 kg) increases in one's deadlift just



STIFFER IS BETTER

When it comes to foundational strength exercises such as the deadlift, back squat. overhead press, front squat and barbell row, the ability to maintain a stiff core is necessary to tolerate heavy loads as well as limit the risk of injury. Scientists at the University of Waterloo in Ontario, Canada, created an experiment to see what kind of training improved core stiffness the most. One group of subjects performed a dynamic movement program for six weeks, which included Russian twists, back extensions, Supermans and lateral medicine ball throws. Another group performed isometric exercises (in which the torso does not flex or extend) such as planks, suitcase carries, bird dogs and inverted rows. At the end of six weeks, the isometric group enhanced their core stiffness to a greater degree. Everyone loves crunches and leg raises, but don't forget the power of planks and holds.





STRONG WOME

Although women genetically have more trouble building muscle than men, their ability to build strength might actually be better. A 2005 study compared hundreds of subjects (342 women, 243 men) at their ability to perform unilateral biceps curls. After 12 weeks, the researchers found that, while men had overall built more muscle mass, it was only a slight

difference compared to the women. Furthermore, when it came to strength, women actually outpaced men in relative terms. The results showed that, "Despite greater absolute gains in men, relative increases in strength measures were greater in women versus men."

Reference: Hubal MJ, et al. (2005) 'Variability in muscle size and strength gain after unilateral resistance training.' Med Sci Sports Exerc. 2005 Jun: 37(6):964-72.

MUSCLE D-FENCE

Over the last few years, a staggering amount of research has come to light that most people are deficient in vitamin D. Not only are low levels of vitamin D connected with various diseases and rock-bottom testosterone levels, but a new study shows that a lack of vitamin D can be cutting into your ability to build muscle. Researchers at Mahidol University in Thailand found that the subjects in their study who had higher levels of vitamin D in their systems had more muscle and lower body-fat percentages. Scientists speculate that muscle cells with little vitamin D tend to break down muscle protein at a faster rate. Since it is almost impossible to



get enough vitamin D from food, and many people eschew sun exposure to protect their skin, the supplement form of the vitamin (look for D3) is an effective, inexpensive and easy-tofind alternative.

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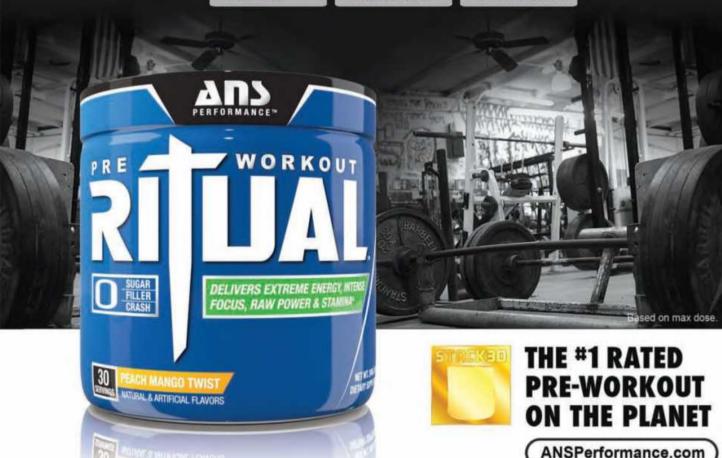
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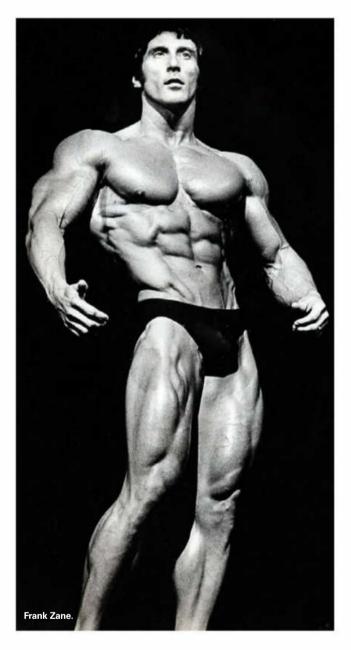
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Q: I've reached a plateau with my training, but I hear good things about a push/pull/legs three-day split? Should I try this style routine?

A: Training with a push-pull-legs split — that is, pushing movements one day, pulling movements another day and then a dedicated leg day — might be a good way to reinvigorate your training if you've become stagnant. You'll teach your muscles to interact in a functional way rather than having them divided up separately as you would in a body part split. One famous proponent of this kind of training was three-time Mr. Olympia Frank Zane.

"The body thrives on routine — routines have advantages," Zane said. "You need to practise your workout in a specific way in order for your body to adapt to it. During that adaptation period, you make progress; you get into a groove. A routine answers the question, 'What and when should I train?' Randomised training, sometimes called instinctive training, doesn't give you anything specific to practise and get good at."

However, Zane understood that training the same way every week would acclimate your body too quickly. Instead, he advocated a nine-day routine (including rest days) using a three-day push-pull-legs split but randomised which days were push, pull or legs. Zane called his routine the 9-to-5 sequence, which keeps the body guessing more than the typical push-pull routine.

"It's a nine-day sequence that uses a three-way split, and you train one day, then rest two before the workout — so it takes you nine days to do each different workout once," Zane said. "You get plenty of rest, so it's great for recovery, and you'll be stronger at each workout and able to use heavier weights and, consequently, grow. Follow the nine-day sequence with a five-day sequence, and you'll execute a pattern that recurs exactly the same every 14 days."

Frank Zane's sample nine-day sequence for push-pull-legs:

WEEK 1	WEEK 2	WEEK 3
Mon: Push	Mon and Tue:	Repeat
Tue and Wed:	Rest	week 1
Rest	Wed: Push	
Thur: Legs	Thur: Legs	
Fri and Sat:	Fri: Rest	
Rest	Sat: Pull	
Sun: Pull	Sun: Rest	



Q: My personal trainer changes my workout at almost every session. He says that variety keeps the muscles guessing and therefore growing. Is this the best way to train?

A: Not really. Legendary strength and conditioning coach Charles Poliquin has talked about an experiment he and his coaching staff did while preparing six different national-level teams for the 1992 Winter Olympics. The idea was that if athletes made progress when changing the workout every six sessions, maybe changing it every session would spur even greater progress. The result? Only two per cent of Olympic-level athletes actually responded well to that kind of training. So you can guess how unlikely changing it up at every session will work for general trainees.

A PT with this kind of philosophy probably doesn't have a long-term plan for helping you reach your fitness. As they say, 'failing to plan is planning to fail'. Changing up your workout too often also means you yourself don't have much of an idea how you're tracking. If deadlifts only come up once in a blue moon on your PT's 'plan', how can you tell you're getting stronger? Treat trainers like these with skepticism. Remember: nobody, including your trainer, will ever care as much about your own fitness and physique as you do.

Q: I see a lot of supersets in the workouts listed in *Iron Man* but I often find it hard to implement them. When I'm at the gym, if I go walking back and forth between benches or areas, I'm liable to lose the equipment — or annoy the rest of the gym rats. What alternatives could I try in lieu of supersets?

A: This is a problem many lifters have in the commercial gym setting, especially if they train in the evenings, when it can get so crowded there's barely room to swing a dumbbell (or kettlebell). One alternative is to do drop sets instead of supersets. To refresh, a drop set is when you complete a standard number of reps, then lower the weight and keep going until you reach failure. So, for example, if the superset listed is triceps pushdowns with bench dips, instead do a drop set of pushdowns, then go do your bench dips. Another idea is to substitute the second exercise of the superset with a freehand or body weight exercise that works the same muscle, such as dropping to the floor for close-grip push-ups after your pushdowns. No need for wandering all over the gym.



Q: What are the best exercises for creating more sweep on the quads? I want to be better proportioned.

A: You can target the outer squads to create 'sweep' by performing exercises where your feet are parallel and close together. Squats, front squats, hack squats, leg presses, leg extensions and lunges are in this category.

Thing is, it can be quite difficult to keep your feet close together on, say, a regular squat; you might find it's hard to keep a neutral back or even have your knees start to 'track in'. Solve this by doing

some of your squats/ front squats on the Smith machine (gasp!). The Smith machine makes it much easier to keep the bar moving in a straight line while positioning your feet closer together and in front of your body, as well as keeping your back flat. This is because machine exercises take balance out of the equation and you can focus on working a particular area — in this case, the outer quad.



TARGETED FIBRE

Go heavy or go for the pump? Well, both according to research. A 2008 study looked at single muscle fibres and their growth potential. Researchers compared a group of bodybuilders to a group of average uni students. The result? The bodybuilders showed a

higher number of types 1 and 2A muscle fibres — with a complete lack of type 2B fibres.

Bodybuilders can exploit this by focusing the two constituents of 2A fibres: myofibrils (strands) and sarcoplasm (fluid). The myofibrils respond better to heavy, intense sets, while the sarcoplasm responds to extended tension time, such as in higher-rep sets.

That's a formula for growth right there.

Reference:

Kesidis N, et al. (2008.) Myosin heavy chain isoform distribution in single fibres of bodybuilders. Eur J Appl Physiol. 2008. Jul.: 103(5):579-83



Viovoiry

STRONG IS FAST

Is there a more badass combination than having both a heavy squat and a fast sprint? An article published in the Journal of Strength and Conditioning Research showed that athletes who could perform at least one back squat with 2.1 times their body weight or more were able to sprint faster than those who were not able to manage that load on the bar. The relationship was stronger for a 37-metre sprint than a ninemetre sprint. This is just more evidence that strength training is a cornerstone of developing wellrounded physical abilities. Famous strength coach Mark Rippetoe puts it another way: "Strong people are harder to kill than weak people, and more useful in general."



STRENGTH FOR THE WIN



Noted researcher and fitness expert Brad Schoenfeld recently completed a study in which he looked at the effects of light loads and high reps versus heavy loads and low reps. Two groups of trained subjects performed three sets of seven exercises three times a week. The first group used light weights and performed 25 to 35 reps per set. The second group used a heavier load that allowed them to complete eight-to-12 reps. After eight weeks, both groups experienced significant and similar levels of muscle growth. However, the group who pushed heavier weights gained far more strength. The high-rep groups did enjoy greater gains in endurance, but ultimately building more strength will bring about greater changes to your body more quickly. Progressing in the loads you are able to push is a more potent stimulus for change than 30, 40 or even 50 reps of the same weight.

SUGAR-FREE WORKOUTS



Sugar-laced sports drinks like Gatorade are a boon to endurance athletes. In fact, they are literally life-saving interventions for those who go long distance in the heat. But new research seems to show that if you're doing a bodybuilding-style

workout of multiple sets of resistance exercises, glucose ingestion during training offers no benefit and might actually reduce your ability to generate force. A study published in the *Journal of Strength and Conditioning Research* examined 17 male and female trained subjects and found zero performance-enhancing benefits to drinking a glucose-containing beverage during a session in the weightroom. A better idea is to spare yourself the sugary calories and opt for an intra-workout BCAA formula instead. Save the simple carbs for your post-workout protein shake.

Germ Lock

By Daniel Hedger

Protect yourself from gym germs — real ones, not the creepy dude in the locker room.

Ever worry that the equipment at your gym might be crawling with disease? Now, us weight trainers don't have to worry as much about catching something at the gym as our friends in the martial arts (particularly MMA, wrestling and anything where sweaty bodies roll around on the mats together) do. However, it's something to be aware of nonetheless.

Contact sports, including the aforementioned wrestling, can be hazardous, particularly when standards of hygiene aren't high. In 2008, research in the Journal of the American Academy of Dermatology showed that an antibiotic-resistant bacteria — methicillin-resistant Stay away from staphylococcus aureus (MRSA) sneezing gym patrons. - was on the rise among athletes at all levels of competition. Factors making the athletes susceptible

include antibiotic use, compromised skin surfaces, contact between players and teammates and, yep, inadequate personal hygiene¹.

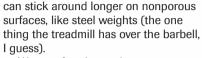
We can all learn a thing or two from this but more pertinent to bodybuilders was a 2006 study that looked at the equipment in two gyms for disease-causing organisms². Researchers found that both aerobic and weight training equipment had bacterial contamination — but it was mostly fine because the bacteria found

had no 'pathological potential', i.e. it couldn't cause disease.

However, the equipment also could pass on viruses — 63 per cent of hand-contact equipment showed the presence

of rhinovirus (which causes common cold) — and the

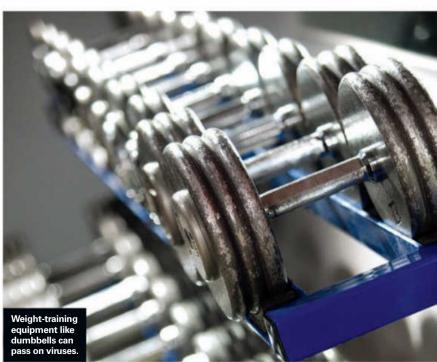
weight training equipment had it more than the aerobic equipment. Viruses



Worse, after the equipment was disinfected, the viral activity actually increased because the disinfectant can't necessarily reach certain areas, like the serrated surfaces of dumbbells and barbells.

So, the gym is by no means a dangerfree zone when it comes to picking up something nasty. To avoid catching a cold or worse, here are some tips to stay healthy in and out of the gym:

- Gym bags get dirty. Keep yours dry and free from gross, moist towels, wraps and straps.
- Avoid being around gym rats who are sick (sneezing, coughing, etc. probably give it away). If they're on the next bench sputtering away, pick up your towel and move to another area.
- To avoid a virus someone else has brought into the gym, try not to touch your nose, mouth and eyes until after you've washed your hands thoroughly. Hand sanitiser is good too. (If someone with a cold touches a dumbbell before you, it can spread by entering through your mucous membranes.)
- If you have any injuries that have broken the skin (scabbed shins from deadlifts maybe), keep them clean and covered up.
- If you do core work on a community yoga mat, put a towel down first.
 Microrganisms love warm, dark and moist places.
- If you do actually shower at the gym, wear thongs.
- Most people bring their own water bottles to the gym but maybe rethink re-filling it at the communal water fountain. Backwash = disease.



References

1 Kirkland, E.B. and Adams, BB. (2008). Methicillin-resistant Staphylococcus aureus and athletes. Journal of the American Academy of Dermatology. Volume 59, No. 3, pp. 493-502 2 Goldhammer, K.A., et al (2006). Prospective study of bacterial and vital contamination of exercise equipment. Clin J Sports Med. 16:34-38

Late-Night Protein

By Fredrik Paulún

Stimulate protein synthesis before bed for maximum muscle building.

One of the biggest nutrition myths in our industry centres around food intake and sleep. People fear latenight eating based on the belief that our metabolism is reduced at night. This popular myth has led to the speculation that the body partitions the calories we eat toward our fat stores and away from our hungry muscle tissue. Firstly, it does not appear that overall energy expenditure during sleep is any different than during the day in non-obese individuals. Further, research published in the Canadian Journal of Applied Physiology shows that exercise can even increase metabolic rate and fat utilisation during an overnight sleep. There is even direct evidence that consuming meals in the evening may be beneficial. A study in the British Journal of Nutrition found that consuming approximately 30 grams of either whey protein, casein protein or carbohydrates prior to going to sleep equally increased resting metabolism and morning satiety.

This popular myth has led to the speculation that the body partitions the calories we eat toward our fat stores and away from our hungry muscle tissue.

Another study, published in the journal *Obesity* reported that a six-month diet where carbohydrates were eaten mostly at dinner led to greater weight loss along with greater reductions in body fat and abdominal circumference. The evidence contradicts the myth that there is any advantage to limiting energy intake in the evening, meaning the fear of late-night eating needs to stop. On the contrary, we should be planning a proper midnight snack for



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optimising body composition. For those concerned with maximising muscle growth, consuming protein before bed may offer even further benefits.

Giving the signal

Before making recommendations to eat a pre-sleep protein meal, we have to understand the basics of how protein ingestion can promote muscle growth. The balance between muscle protein synthesis and muscle protein breakdown governs muscle growth. When protein synthesis exceeds protein degradation, gains in muscle size can occur. Along with lifting weights, dietary protein is a major regulator for promoting muscle growth. A single high-protein meal sparks muscle protein synthesis for up to three hours following ingestion. However, the muscle-building effect reaches a plateau following each meal, even when protein is overconsumed. This refractory response is often known as the 'muscle full' effect. Hence, muscle protein

A pre-bed protein snack or shake can stimulate muscle protein synthesis during this period of time when you are without food the longest. It may be that this is one of the best times to consume protein, as it can spike amino-acid levels in the blood.

synthesis appears to be regulated from meal to meal rather than day to day. Evenly distributing protein intake across meals has shown to elevate muscle protein synthesis by up to 25 per cent when compared to a more common skewed protein consumption pattern. Simply put, eating 20 to 40 grams of a high-quality protein source with a meal frequency of every three to four hours provides the best dietary stimulus for muscle growth throughout the day.

So how does all of this pertain to eating before bed? Although getting eight hours of sleep can be just as important as reaching nutritional goals for weight management and muscle growth, it also means you have to wait until morning to spark





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protein synthesis again. Going to bed in a fasted state may cause the body to shift into a catabolic state while you sleep — a time when you desperately need your body to shift into recovery mode. Properly fitting a protein-rich pre-sleep snack into your daily macronutrient goal can enhance muscle protein synthesis while you sleep, leading to greater gains in muscle size.

Don't fear PM calories

Contrary to another popular nutrition myth, dietary nutrients are still effectively digested and absorbed as we sleep. A pre-bed protein snack or shake can stimulate muscle protein synthesis during this period of time when you are without food the longest. It may be that this is one of the best times to consume protein, as it can spike amino-acid levels in the blood and keep muscle protein synthesis elevated while you sleep. A study, published in Medicine & Science in Sports & Exercise, examined men who lifted weights in the evening and were provided a standardised diet throughout the day. A half hour before going to sleep, they ingested a beverage containing either 40 grams of casein protein or a placebo. Drinking the protein supplement prior to bed stimulated

muscle protein synthesis during seven and a half hours of sleep, effectively improving muscle protein balance overnight. What happens if you add a pre-bed protein shake to your diet each night? A study in *The Journal of Nutrition* showed that a late-night meal containing 28 grams of protein and 15 grams of carbohydrates significantly improved gains in muscle size and strength when consumed regularly during 12 weeks of resistance training.

Given that during an overnight sleep you will remain fasted, the benefits of consuming protein before sleep may even outweigh other feeding times during the day.

While protein consumption throughout the day is essential for keeping muscle protein synthesis elevated, protein ingestion before sleep offers many benefits for promoting muscle growth. Given that during an overnight sleep you will remain fasted, the benefits of consuming protein before sleep may even outweigh other

feeding times during the day. As long as nighttime eating does not disrupt your normal sleep cycle, the benefits of fitting a late-night meal into your daily macronutrient goals outweigh any associated risks. For example, if you eat 180 grams of protein per day, then save 30 grams for your pre-sleep meal. Evenly distribute the other 150 grams over however many meals you consume throughout the day. Choose high-quality protein sources including lean meats, fish, eggs, dairy and whey protein. Slower-digesting proteins such as casein or egg may be the best options before bed, as they will slowly release amino acids into the bloodstream, keeping muscle protein synthesis elevated for longer into the night. These sources include casein protein supplements, milk proteins and whole foods such as Greek voghurt, cottage cheese and lean meats. Whether you are looking to maintain your muscle mass or pack on some extra bulk, allotting protein for your midnight snack may prove to be very beneficial.

Fredrik Paulún is a nutritionist based in Sweden. He holds a Master of Science in nutrition and specialises in improving body composition. For more info, check out paulunsfood.com.





WINTER SOUP

My daughter's birthday heralds the first day of winter and although it is a day of celebration, it also begins the months of searching for comfort food, when salad just won't warm your freezing soul. I learnt to make the original of this recipe when I was an apprentice, well over 30 years ago now. I've changed it over the years to a healthier version and, more recently, boosted the protein to fit better with my nutritional plan.

This is another of my 'all-in-one' meals, perfect for making in large batches and freezing into individual portions for when the food demon strikes and you need food immediately. Better still, it presents as 'normal' food for any of your friends or rellies who wouldn't be seen dead eating bodybuilder food.

Ingredients

- 1 large brown onion, finely diced
- 2 cloves garlic, finely chopped
- 1 tsp finely chopped rosemary
- 2 slices short cut bacon
- 4 large potatoes, washed and cut into 1 cm dice
- ½ large cabbage, finely sliced
- 1 litre chicken stock (fat and salt reduced)

- ½ tsp cracked black pepper
- ½ tsp sea salt flakes
- 200g chicken breast, cut into 1 cm cubes
- 20g Parmigiano Reggiano or Parmesan cheese
- Olive oil spray
- Basil leaves to garnish (optional)

Method

- Heat a large, heavy based saucepan to moderate and spray lightly with olive oil spray.
- Add onions and cook until beginning to brown.
- Add a splash of water to release the sediment from the base of the pan. Repeat this process until onion is very brown.
- Add garlic, rosemary and bacon. Cook until garlic is aromatic and bacon is lightly browned.
- 5. Add potatoes, cabbage, salt and pepper and stock.
- Simmer very gently, uncovered, for at least two hours, or until all ingredients are very tender.
- Spray a medium-sized non-stick pan lightly with olive oil spray and heat to moderate.
- 8. Add chicken and cook till quite brown all over.

 Serve soup in large bowls, top with chicken and a sprinkle of Parmigiano Reggiano and some big beautiful basil leaves to garnish.

Chef's notes

- Soup can be pureed in a blender, but I prefer the rustic look of a chunky soup.
- I like to leave the skin on the potatoes for a little extra fibre and nutrition.
- The longer you cook this, the sweeter the cabbage and onions will be and the more depth of flavour your soup will have.
- The high sodium content is from the commercial stock, the bacon and the salt. You could reduce this considerably by making your own stock and eliminating the salt.
- You may require additional stock or water if the liquid evaporates too much as the soup simmers.



Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.

Turn Up the Heat

By Gabriel Wilson, PhD, CSCS

A West African botanical can help you throw more fat on the fire.

The most basic concept for weight loss is balancing caloric intake with caloric expenditure. If you consume less than you burn, vou'll lose weight: and if you eat more than you burn, you'll pack the pounds on. Unfortunately, it's not always this simple. The harder you diet and exercise, the more your body resists you. Soon the same diet that initially promoted fat burning and weight loss gains will result in weight maintenance or even weight gain. This is a consequence of a slowed metabolism, and there is nothing more frustrating to a fitness enthusiast.

Recognising this weight-loss impediment, scientists have searched for ways to boost metabolic rate. Most think that turning up the heat is important for maintaining a high metabolism, but it may be just the opposite. Research shows that the metabolism of animals is dramatically higher during the winter months and in response to cold exposure. Furthermore, recent groundbreaking research shows that people who simply sleep in slightly colder environments can significantly boost their metabolic rates. This makes sense, as maintaining a precise body temperature is crucial to our very survival.

Shivering is your body's most basic way of maintaining heat during cold exposure, but the body also has a typically dormant, untapped metabolic pathway that preferentially burns fuel as heat. This is called non-shivering thermogenesis. The organ that

operates this system is brown adipose tissue (BAT), and its activation may be the key to permanent weight loss. To elaborate, when your body starts to get cold, your brain senses this and releases signals that communicate and activate your BAT. When BAT is activated, it increases uncoupling protein 1 (UCP-1), which turns on the entire BAT fat-burning system. When UCP-1 is increased in BAT, you rapidly start to burn body fat. To put this in simple terms, when your fat tissue takes up nutrients, it typically uses them to produce ATP (energy) that can be stored for later use. But UCP-1 essentially disables this process. Instead, UCP-1 targets these calories and literally burns them off as heat, resulting in an increase in metabolism, thereby warming your body during cold stress.

Consequently, research shows that BAT activity is higher in lean individuals versus overweight ones. It also declines as we age and decreases with prolonged dieting. The implications are that BAT activity in our bodies, or the lack thereof, may explain why we hit diet plateaus and why some

people struggle with weight loss more than others.

Since its discovery, scientists

have been seeking ways

to activate dormant BAT

in humans, but with little

success. Recently, however, a
West African plant commonly
known as 'grains of paradise'
(GOP) was discovered. GOP is rich
in the BAT-activating compound
6-paradol. In two clinical trials,
humans supplementing with
this plant extract experienced
significant improvements in
metabolic rate and fat loss, and
these results were shown to be
dependent on activation of BAT.

BAT activation holds

tremendous promise for athletes and fitness enthusiasts looking to get lean and ripped. The repeated findings of GOP as a BAT-activating supplement are significant and may give you the power to unlock this unique metabolic fat-burning pathway. But how do you harness the power

But how do you harness the power of GOP in the concentration and potency necessary to provide the fat-torching benefits you're seeking? Fortunately, you don't have to travel to West Africa to find this highly prized metabolism booster.

A groundbreaking formula called Phenbuterol contains a clinically efficacious dose of GOP that is standardised to be extremely potent in its most active compound, 6-paradol. Now you can activate the dormant BAT pathway and literally force your body to burn fat.

GREAT WHITE HYPE?



The egg-white omelette is so deeply ingrained in bodybuilder culture, it is almost unthinkable to reassess this classic choice of breakfast. But it might be time to break the habit when it comes to breaking shells.

Research published in the journal *Metabolism* shows that including whole eggs into a moderately carbohydrate-restricted diet (25 to 30 per cent of total calories) improves insulin sensitivity and levels of plasma insulin as compared to those subjects who ate egg whites.

Why not use the whole egg? While egg whites are made up of highly bioavailable protein, they are bankrupt when it comes to nutrients. On the other hand, the yolk contains valuable fat-soluble vitamins, such as A, E, D, and K, as well as calcium, magnesium, iron, selenium and the antioxidant carotenoids, lutein and zeaxanthin.



MAGIC OF ALMONDS

Almonds are an especially good source of healthy fats and are loaded with fibre and protein, but since they are also loaded with calories, this nutrientdense food is often taken off the table by anyone trying to lean out. However, almonds have long puzzled experts because their calories don't seem to translate into added body fat. The U.S. Department of Agriculture recently found out why. A single serving of almonds contains over 160 calories and 14 grams of fat, but only 68 per cent of those calories were actually absorbed by subjects in a test conducted by the USDA. Scientists believe that exchanging three servings of almonds for an equal number of calories derived from simple carbs and sugars could create a significant deficit of up to 150 calories a day.

THE WHEY TO MORE MUSCLE

After years of being pilloried, mainstream nutrition scientists are now admitting that a highprotein diet provides a plethora of benefits - and not just for gym rats. A recent study published in the Journal of Food Science took it one step further and examined several different protein types for their ability to improve body composition, spare muscle during caloric restriction and combat the natural loss of muscle that occurs with aging. The researchers concluded that whey protein, with its rich leucine content (which is responsible for triggering muscle protein synthesis), fast digestibility and amino-acid profile, is superior to casein and soy when it comes to building and preserving muscle mass. While casein and soy do have their usefulness, if you only use one catchall protein powder, the science seems to point to whey as your best choice.



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CACAO MELTS FAT

Recent Japanese research points to cacao powder as a fat-burning superfood with lots of promise. Cacao is loaded with flavonoids, and one in particular, known as flavan-3-ols, seems to boost the production of enzymes involved in burning fat.

When you're making your daily protein shake, try throwing in a couple of tablespoons of raw cacao powder, which has more active ingredients than other forms of cocoa. Two tablespoons of the stuff has only 40 calories, with two grams of fibre and two grams of protein.

OPTIMISTIC ON URSOLIC ACID

A few months ago, the first human studies were completed on ursolic acid, a natural substance found in rosemary and apple peels that has shown promise for boosting health and improving body composition in animals. Scientists in Korea gave subjects experienced in weight training 450 milligrams of ursolic acid a day for eight weeks. The researchers were expecting to see a dramatic uptick in muscle mass; while subjects did gain some muscle mass, the scientists were surprised to find that the most dramatic effect was on fat loss as well as strength. Scientists hypothesised that ursolic acid supplementation boosted the concentration of IGF-1 and irisin, a protein that muscle cells secrete when they are active.

FAT-FIGHTING VITAMINS

The modest multivitamin might be helping you stay lean.
While it often gets beaten up by the mainstream media, an animal study conducted at two French research institutes

points to new evidence that vitamin deficiencies can lead to unwanted weight gain. Scientists found that mice who were given the same number of calories over 12 weeks. but who were shortchanged on their vitamins, added more body fat than animals who received the same amount of calories but more vitamins. It seems the vitamin shortage made cells less sensitive to insulin and thus reduced fat-burning abilities in the deficient mice. A multivitamin may not seem like a sexy supplement, but there is good reason to keep it as part of your daily routine.

HUNGER GAMES



The brain is mightier than the bowl of M&Ms. Scientists from the Weight Loss Program at Mount Sinai St. Luke's Hospital in New York City found that a simple 30-second distraction technique can help you fight off junk-food cravings. In their experiment, subjects were tasked with either tapping their foot on the floor, tapping their own forehead with their finger or staring at a blank wall when experiencing cravings for their favourite cheat foods. All three tactics significantly reduced the urge to indulge, although the forehead tapping was the most effective. When you're in a cutting phase and your willpower begins to feel weak in the face of temptation, try tapping your finger on your forehead for 30 seconds. After all. it's better to look funny for 30 seconds than to look fat for the whole summer.

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"I took your recommended dose of High Octane before a long distance cycle race that I usually just barely finish. This time I finished 3rd in my age group and I wasn't even tired when it was over. I'm 65 years old. Thanks a lot Eden Healthfoods."







BY ALEXANDER CORTES

PHOTOGRAPHY BY MICHAEL NEVEUX

Overtraining can beat you up and leave you injured. But done strategically, it can also get you into peak shape in record time, while making some of the best short-term gains of your life.

uilding muscle is a long-term process.
Tissue can only be added so fast, and
muscular density is developed from
thousands upon thousands of repetitions.
For those who want an aesthetic physique,
patience is part of the game.

That said, there are times when planned overtraining can deliver phenomenal short-term improvements. While you cannot 'train insane' every day, there are periods where absolutely blasting it in the gym can kick you out of a rut and spur improvements in both muscle mass and strength.

Within exercise science, the term for this planned overtraining is called 'overreaching' and refers to distinct periods of time in which training volume, intensity, and frequency are increased for the purpose of shocking your physiology into improvement.

Time to triple up

This program works on a compressed time frame. That means training is going to be put into overdrive. Specifically, we are going to utilise three different training methods all at once to push the intensity of the workouts. Over six weeks, you'll dramatically transform your physique through a carefully periodised plan that has you training all out every session, but which ceases before the point of burnout or injury.

These strategies we'll be using are compensatory acceleration training (CAT), relative strength method, and giant sets:

Compensatory Acceleration Training:

Formalised by the famous sports scientist Dr. Fred Hatfield, this method focuses on moving weights with maximal acceleration on every single rep. Similar to the concept of the Dynamic Effort method created by Louie Simmons of Westside Barbell, CAT focuses on power and strength development with your working weights. CAT sets are all about speed and explosiveness. If you're doing a bench press on a CAT day, the bar will come down slowly but should explode off your chest and reach the end of its range of motion as quickly as possible. On these sets, you will always stop short of grinding out reps or using a weight that is so heavy it makes you slow.

Relative strength:

This simply refers to using your own body weight as resistance. While body weight movements are sometimes dismissed as being ineffective for building muscle, they can have a hypertrophic effect. Since they're less taxing on the joints than free weights, you can also perform them at a higher volume and more frequently. Because they can be done for very high reps, they can be used for HIIT and have a metabolic effect when incorporated into training. To become stronger relative to your weight, your body must also shed extraneous tissue. Developing relative strength will also have positive carryover with all your traditional lifting exercises.

Giant sets:

Giant sets are performed in circuit fashion but are body part specific, designed to use complementary exercises for the same muscle group in sequence. Giant sets enable you to lift 'giant' amounts of volume within a compact time frame. This elevates the metabolic factors of the workout, creating a powerful stimulus that can develop hypertrophy and help shed excess body fat.

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SIX-WEEK ASSAULT

Over the next six weeks, you will be training six days a week, working a three-day body part split. Over the course of the week, every muscle group will be trained twice. You will alternate between CAT days for power and strength, and giant set days for massive metabolic disruption. Sprinkled throughout will be relative strength body weight work, along with regular repetition work.

The main concept here is to blast through every workout. Don't worry about increasing the weights. Rather, aim for moving the same weights for more reps and more quickly, with control and authority. The idea here is

to maximise speed and volume. Add reps and sets before adding weight to any one exercise. Take as little rest as possible. Rest only as long as you need to perform the next set, and then start again at full bore.

TRAINING SPLIT

MONDAY: Quads/Hamstrings (CAT)

TUESDAY: Chest/Back (CAT)

WEDNESDAY: Shoulders/Arms (Relative Strength + Giant Set)

THURSDAY: Quads/Hamstrings (Relative Strength + Giant Set)

FRIDAY: Chest/Back (Relative Strength + Giant Set)

SATURDAY: Shoulders/Arms (CAT)

SUNDAY: Off Day

MONDAY: QUADS/HAMSTRINGS

EXERCISE	SETS	REPS
CAT		
SUPERSET	_	-
Back Squat	5	5
Double Kettlebell Swing	5	10
Barbell Jump Squat	6	3
Stiff-Legged Dumbbell Deadlift	3	15
Leg Press Drop-Set	5	40-20-10 (each set)
Explosive Standing Calf Raise	4	5

TUESDAY: CHEST/BACK

EXERCISE	SFTS	REPS
CAT	01.0	
Incline Barbell Press	5	5
Bent-Over Barbell Row	5	5
SUPERSET Dumbbell Squeeze Press Hammer Strength Row	4 4	15 15
Dumbbell Bench Press	3	12
Bent-Over Dumbbell Row	3	10
Close-Grip Lat Pulldown	3	12
Incline Dumbbell Flye	3	15

BARBELL JUMP SQUAT



Stand in a conventional squatting position with a barbell on your back, your feet at shoulder width, and your hands gripping the bar tightly. Push your hips back and descend into a parallel squat with your head and chest up. Explode from this bottom position into a jump, then land softly and descend into another squat in a smooth, controlled motion.





WEDNESDAY: SHOULDERS/ARMS

EXERCISE	SETS	REPS
SUPERSET Supinated Close-Grip Chin-Up Close-Grip Triceps Push-Up	4	AMAP* AMAP*

Giant Set: 3 rounds with movements performed in sequence

Seated Machine Shoulder Press	10
Triceps Pushdown	15
Seated Dumbbell Curl	10
Dumhhell Lateral Raise	20

^{*} As many as possible

THURSDAY: OUADS/HAMSTRINGS

EXERCISE	SETS	REPS
Sumo Deadlift	3	10
Body Weight Split Squat	3	10-20
45-Degree Hyperextension	3	20

Giant Set: 3 rounds with movements performed in sequence

Body Weight Squat	20
Lateral Lunge	12 (each leg)
Body Weight Reverse Lunge	10 (each leg)
Body Weight Jump Squat	15



SUPINATED CLOSE-GRIP CHIN-UP



Grasp an overhead bar with your hands in an underhand grip (palms facing you) wider than your shoulders. Let your body hang from the bar. Without swinging or using momentum, use your lats and biceps to pull your chin over the bar. Hold for a second, then slowly return to the start position.

The science of the triple threat

This training program is designed to create a powerful short-term anabolic effect, not a long-term change. With that in mind, this is not a year-round training program that you repeat over and over. In exercise science terminology, we're creating an acute response. This will require intense exposure and application of stimulus. That means you're in for some punishing workouts.

Why does blasting hard work so well for building muscle? The initial response of a body to an increase in volume and frequency is



SUMO DEADLIFT



Position your feet in a very wide stance under a loaded Olympic bar. Squat down and grasp the bar between your legs with a mixed grip that is about shoulder width. Face forward with your arms extended, chest high, hips low and back straight. Pull the bar up by driving your feet outward and bringing your chest up. Extend your knees once the bar passes your kneecaps. At the top of the lift, when your torso is upright, drive your shoulders back and chest up. Return the weight to the floor by bending your hips while keeping your knees pointed outward, chest high and back straight.

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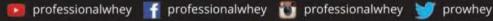
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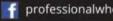




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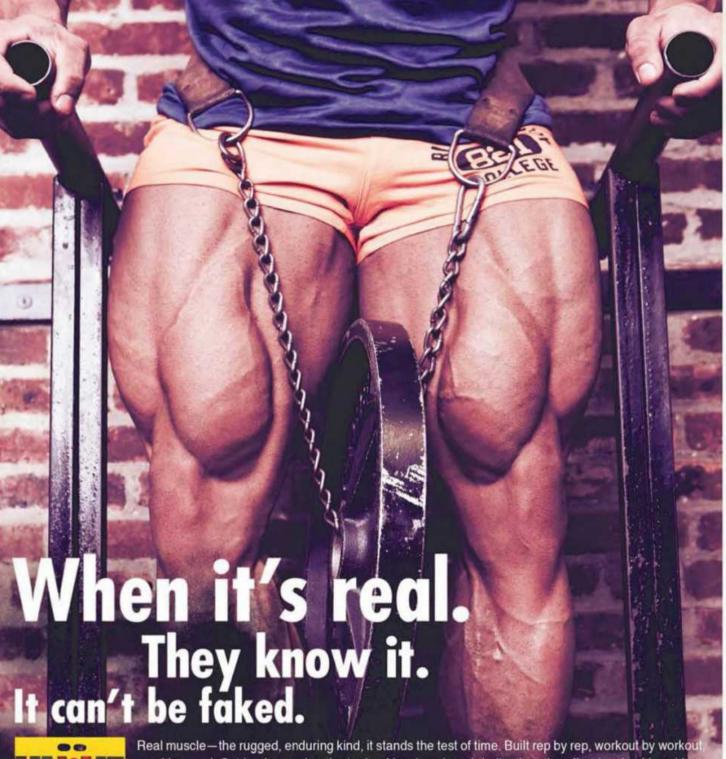


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FRIDAY: CHEST/BACK

EXERCISE	SETS	REPS
SUPERSET Supinated Close-Grip Chin-up V-Bar Dip	5 5	6-12 8-15

Giant Set: 4 rounds with movements performed in sequence

Push-Up (moderate grip)	AMAP
Inverted Row	AMAP
Wide-Grip Pull-Up	AMAP
Neficit Push-Un	15

SATURDAY: SHOULDERS/ARMS

EXERCISE	SETS	REPS
CAT		
Single-Arm Dumbbell Snatch	6	3
Strict Barbell Curl	5	5
Push Press	5	4
SUPERSET Close-Grip Plyo Push-Up Bench Press	5 5	5 6
Barbell Hang High Pull	3	12
Seated Dumbbell Hammer Curl	3	10
Tricens Pushdown	3	20







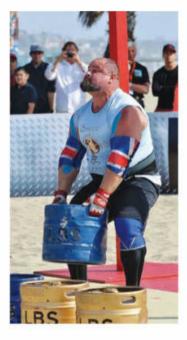
5 Things You Can Learn from Strongman

By Warrick Brant Images courtesy of Warrick Brant

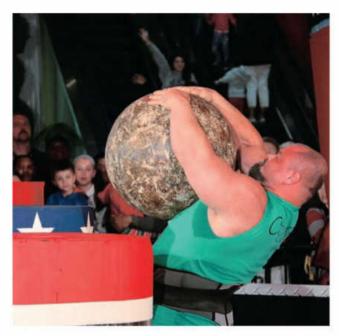
No training system is an island — and that goes double for bodybuilding. By looking to other sports and training styles, we can improve our fitness, our strength and our physiques. These five concepts from the sport of strongman have something to teach bodybuilders.



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Eat, Eat, Eat. As a strongman, you need to consume a huge number of calories to produce such power. Now, this does not mean rush down the local KFC and get a family feast for yourself and eat it before training. No, I am talking about good clean eating. That doesn't mean you can't enjoy a dirty little takeaway every now and then but try to eat as clean as possible and avoid foods that make you feel bloated, uncomfortable, sluggish, etc. If you are not eating, you are not getting stronger.

Hydrate. Your body takes a beating when you train heavy — you need to stay hydrated to help the body's systems keep operating and help you recover. Think of water as the oil in a car's engine. What happens if the engine runs out of oil at high revs? Your body needs fluids to operate properly, so give it what it needs. Also make sure you are taking in enough salts, magnesium and electrolytes to balance up the water intake.

Rest. You may think you are a machine and you love posting videos of yourself doing something crazy seven days a week but, at the end of the day, you are actually going backwards. Structure your training so you have adequate rest and on those rest days REST. Get a massage, water therapy, stretch, go

Think of water as the oil in a car's engine. What happens if the engine runs out of oil at high revs? Your body needs fluids to operate properly, so give it what it needs.

for a walk, but do not go lift weights. Also, it always helps to get advice from a professional. Look for the guys who have been around the block over and over and are still on top. They are the ones who have trained smart.

Pace yourself. With the help of modern supplements, some young men think they can go from 60 kg wet rats to 160 kg pro strongmen in a year (and the same goes for bodybuilding). This is not the case. Slow and steady is the way to go if you want a long career. I have seen too many young guys abuse the supplements and they either get injured very fast or they fade away because they realise that it was going to take longer than expected. Some of the best guys in the world today are in their 40s with the majority of great strongmen in their 30s. Take it easy; train hard but safe and your day will come.

🦰 **Learn.** Strongman is a very new sport here in Australia when you compare it to the north of the world. I have seen so many 'strongman gyms' open up, as well as people offering strongman coaching courses who have no idea what the sport is even about. Don't be fooled by guys who do one backyard comp and then pose as a strongman coach. There are very few good strongman coaches out there. Talk to the pros if you get a chance, analyse their training movements (not the weights lifted) and experiment with your own training in a safe, controlled manner. Don't try a new technique on a max weight. You might laugh but I have seen many guys change when the weights get heavy. I have been a pro for eight years now and I am still learning.

Bonus point: Always be humble. There is always somebody stronger than you.

After breaking his neck and ending his rugby career, Warrick Brant turned to powerlifting and strongman. As a strongman, Warrick has been undefeated in Australia or by any Australian overseas. In 2014, Warrick won the Southern Hemisphere's Strongest Man, the first Australian to hold the title. He has also been named the undisputed strongest man in Australia by the FASC (Federation of Australian Strength Council) and the SHSA (Southern Hemispheres Strongman Association). For more information, visit warrickbrant.com.

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SECRETS TO SHOULD SHOULD SICCESS

DEVELOP YOUR DELTS WITH THESE EXPERT TIPS

One of the most masculine features a man can possess are a set of capped shoulders that give a physique that '3-D' look. Now, the truth is that some men are predisposed to have narrower shoulders and a smaller muscle structure, while other men naturally have larger shoulders. With all that being said, all men can build better shoulders.

By Joe Pitt • Photography by Daniel Jokovich

he muscle bellies that comprise the deltoid group are split into three major areas: the front deltoid, the lateral, or medial, deltoid and the rear deltoid. A balance across the three deltoids will help to increase strength, bring proportion and help to really emphasise your V-taper by broadening your upper body. The most common problems many people have

is they neglect the training of the front and the rear, thinking that they will get enough of a workout on chest and back day, which isn't the best approach to complete shoulders.

Biggest mistakes

The three biggest mistakes I see most guys make when building training shoulders are:

Not using enough variation. I see people come to the gym and do the same workout week in, week out. Apart from this being very boring, the human body is highly adaptive and will quickly become accustomed to a training method. This is why even in powerlifting, which is entirely based around the 'big three' movements, there are phased approaches. The body needs

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5 SECRETS TO SHOULDER SUCCESS







to be shocked into growth and variation in movement is a great way to do just that.

Neglecting rear deltoids. By focusing so much on pressing, I see a lot of people who are either too tired at the end of the session to do rear delt work or can only put in a half-arsed effort. This can lead to an overdevelopment of your chest and front deltoids and an underdeveloped back and rear deltoids, which will pull your shoulders forward — not the look you want!

Lifting for the sake of lifting.
This is by far the most common mistake. Each press, raise or basically any movement needs to have thought behind it:

- Why am I lifting this weight?
- Is my form correct?
- What area am I trying to focus on during the movement?
- Am I feeling the target muscle contract?
- Is my tempo right?

There is a lot to think about, not just moving the object from A to B. If you're not asking yourself any of the things I've listed, this is more than likely the biggest stumbling block you'll have in the gym—not just for shoulders but for building muscle for any muscle group.

So, how do you train your delts in a way that doesn't injure them but also builds lean, muscular shoulders? The answers are higher volume, lots of time under tension and squeezing through contraction points. But the big tip is variety — hitting your delts at all angles.

Typically we start a shoulder workout with a heavy compound pressing movement, like standing or seated military presses, Arnold presses or machine presses. Since it's a compound movement, most people attack this first exercise trying to lift as heavy as possible because they are fresh. In most cases, however, this is ego lifting and bound to lead to an injury. So after you've left your ego at the front of the gym. instead of loading up the weight, think about decreasing the weight, upping the volume and concentrating on every rep, ensuring your tempo and form are on point. You'll find this just as hard, if not harder than trying for the big lifts, not to mention that you'll reap the rewards in the long run with muscle and joint longevity long after your gains.

ISEE PEOPLE COME
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TRAINING METHOD.





5 SECRETS TO SHOULDER SUCCESS



Top tips Here are five tips that'll help you develop broad, muscular, powerful and athletic shoulders:

- 1. Fluctuate your etitions. I mean really fluctuate your reps when training shoulders. Neil Hill's Y3T training is perfect for this, ensuring a split between tempo, rep range and set size. There is no one set of rules that says you have to do three sets of 10 reps, that's bullshit. Sticking to the same reps and sets is a sure way to halt your training progression. Mix it up but keep the intensity high.
- ker chest and ba Having broad shoulders often depends on the development of your chest and lat development. Our back muscles help to pull the shoulders back. Strong back = better posture, which will assist to lift your chest to make it look fuller and broader. The shoulders also 'sit'

BY BUILDING THICK LATS AND BACK MUSCLES, AS WELL AS A THICK AND BROAD CHEST, YOU'RE ACTUALLY BUILDING WIDER, MORE CONFIDENT-LOOKING SHOULDERS.

on your lats and partially on our chest as well. By building thick lats and back muscles, as well as a thick and broad chest, you're actually building wider, more confidentlooking shoulders.

- Thicker traps = wider-looking shoulders. Your trapezius or traps are the muscles that connect the neck with the top of the shoulders. It's important to have a good balance between rounded deltoids and thick traps.
- s. Focusing on one area more than the others can be a great way to see results faster.

- If you're doing a body part split, add some rear delt sets on your chest day into your routine. This will go a long way to bring up your rear delts if they are lagging.
- cout. Check out the boxes on page 51 for three major routines you should try at least once in order to develop your deltoids.

Joe Pitt is a Men's Physique competitor and Optimum Nutrition-sponsored athlete Follow him on Instagram @pittkidd or Facebook.com/joe.pitt80. For more information, visit joepittfitness.com

In every man's life, a day comes when your ambitions demand your full attention. To reach your goals, your approach must be serious, your commitment unwavering. The child's play or youth is no longer an option. There are NO TRICKS to win in the contest of life. NO HYPE will help move the bar. You can't play games. For you, there's Animal Whey. No nonsense. No bullshit. Just delicious, premium quality, easily processed muscle rood, designed to ruel the hardest training listers in the world... and they don't play around. No games. No tricks. No hype. Just protein. Done right. That's the all new animal Whey. The state of the Complete Companies was Produce Indicate Dispecting Excepted youtube.com/animalpak | inio@animalpak.com | 800.872.0101 | www.animalpak.com

BURN FAT AS YOU DEVELOP YOUR CORE MUSCULATURE WITH THIS FAST-PACED WORKOUT.

BY ADAM M. GONZALEZ, PHD, CSCS · PHOTOGRAPHY BY MICHAEL NEVEUX



HIGH-INTENSITY ABS

THE KEYS TO ACHIEVING A RIPPED SET OF ABS LIE BEYOND YOUR TOE TOUCHES AND BICYCLE CRUNCHES.

n fact, these exercises are among the least effective abdominal exercises you can do. Sloppy bouncing and wiggling on your back is not going to aid in dropping those extra few pounds from your midsection. Furthermore, many fitness experts contend that ab exercises are not even required to maintain a six-pack, since compound movements such as squats, deadlifts, bench presses, and overhead presses engage the core muscles. However, the abs are just like any other muscle in the body, which can be targeted and isolated with proper movements.

First of all, there is not a miracle exercise and there is not a miracle supplement for losing abdominal fat. Stop believing those infomercials promising a simple, one-step trick for



excess abdominal fat tissue by doing hundreds of crunches. Rather, overall fat loss and cardio work will help shrink this area, allowing the abs to shine through. High-intensity interval training (HIIT), including exercises afterburn effect. HIIT appears to burn more calories throughout the day in comparison to steady-state low-intensity training, making it a much more time-efficient choice. For good reason, this style of training has

HIIT APPEARS TO BURN MORE CALORIES THROUGHOUT THE DAY IN COMPARISON TO STEADY-STATE LOW-INTENSITY TRAINING, MAKING IT A MUCH MORE TIME-EFFICIENT CHOICE.

attaining your dream body. Secondly, you will never out-crunch a bad diet. If you want to start seeing your abs pop, you are going to have to work for it in the gym *and* in the kitchen. The bad news is that you cannot spot reduce

such as sprints, has shown to be equally as effective as longer-duration steady-state cardio for dropping extra weight as a result of excess post-exercise oxygen consumption, otherwise known as EPOC or the

become very popular among physiqueoriented athletes. However, HIIT can also be very taxing and difficult to maintain on a daily basis. There is no shame in taking a break from HIIT and focusing on some ab work.





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HIGH-INTENSITY ABS

A problem arises when gymgoers fail to get the most out of their routine, either by overtraining their abs or performing a very narrow range of motion, such as crunches or sit-ups. When the core is trained in just a single angle, you fail to fully engage all the abdominal muscle fibres. The midsection is made up of several different muscles, including the obliques, rectus abdominis, transverse abdominis, and erector spinae. Utilising a variety of exercises to hit all the different angles of flexion with various intensities of training will ultimately lead to the greatest muscle adaptation. Additionally, assuring your ab routine is at a high intensity allows for similar fatburning benefits observed with HIIT, while giving your legs (and mind) a break from sprints.

COMPOUND SET 1

EXCERSISE	SETS x REPETITIONS
Cable Crunch	3 x 20, 15, 10
Cable Torso Rotation	3 x 20, 15, 10 each side

2-minute rest

CABLE CRUNCH

Kneel on a mat below a high pulley with a rope attachment. Grasp and pull the rope down until your hands are close to your face. In the starting position, allow your hips to flex forward slightly while allowing the weight to hyperextend the lower back. Imagine someone is putting a fist into your lower back making your chest puff out.

Without allowing your butt to drop to your feet, contract the abs to flex the waist so the elbows travel toward the middle of the thighs. Exhale as you perform this portion of the movement. Hold the contraction for a second before slowly returning to the starting position. This exercise is great because it maintains a constant tension on the abs throughout the movement. Choose a weight that allows a full range of motion without putting unwanted stress on the lower back.

HIGH-INTENSITY ABS PROGRAM

The routine is designed to overload the core muscles just as you would with bigger muscle groups, utilising compound sets to target varying fibres and elevate the intensity. Complete each compound set with minimal rest before moving on to the next two exercises. Several of the compound sets increase intensity by pyramiding the loads while decreasing the number of repetitions required. With each exercise, focus on contracting the abs with every repetition. Utilise controlled movements, and avoid swinging and bouncing. When performed correctly, this routine should take approximately 30 minutes and can be performed two-to-three times per week after you have competed the large multi-joint lifts of your strength program.



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HIGH-INTENSITY ABS

CABLE TORSO ROTATION

Set the pulley on the cable machine to chest height with a D-handle attachment. Stand upright facing the cable machine and grasp the handle with both hands while keeping the arms fully extended in front of you. From this starting position, rotate your torso to one side, keeping your eyes on your hands as you move. Keep the arms fully extended throughout the entire range of motion. Allow the torso to rotate to the point right before your hips want to open up. Then rotate back to the centre and alternate sides. Choose a weight that allows a full range of motion without putting unwanted stress on the lower back.





COMPOUND SET 2

EXCERSISESETS x REPETITIONSDumbbell Side Bend3 x 20, 15, 10 each sideHanging Leg Raise3 x 20

2-minute rest

DUMBBELL SIDE BEND

Stand up straight with your feet shoulder-width apart. Hold a dumbbell in one hand with the palms facing your body. Again, choose a weight that allows full range of motion without putting unwanted stress on the lower back. Place the opposite hand directly behind your ear or at your side. From this starting position, bend only at the waist to the side opposite the dumbbell. Bend in a motion as if you were trying to bring your elbow to your thigh. Hold the contraction for a second before slowly returning to the starting position. Throughout the range of motion, keep the rest of the body stationary with the back and head straight up. Complete the number of repetitions on each side, and then change hands to complete the repetitions bending to the alternate side.







HANGING LEG RAISE

Hang from a chin-up bar with both arms fully extended using a grip slightly greater than shoulder width. Allow the legs to hang straight down. From this starting position, bend your knees and raise your legs until the torso makes a 90-degree angle with your thighs. Hold the contraction for a second before slowly returning to the starting position. Keep the arms straight and the trunk perpendicular to the ground throughout the range of motion to avoid swinging the legs and torso.

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ARE YOU **BUYING PROTEIN ONLINE**

Whether you buy protein online to save time, save money or simply because you like to buy in bulk, are you certain your conveniently delivered supplements are actually delivering true value?

s an IRONMAN™ reader you are probably very familiar with buying protein and supplements online, but do you know how many dodgy and illegal businesses are out there trying to get your cash and stall your gains? With these quick tips you can arm yourself against these dodgy operators and make sure you are getting maximum bang for your online buck.

1. EXERCISE CAUTION WITH **CORNER CUTTERS**

Avoid brands that use unmarked packaging, cheap labels or that have no physical address. These are all warning signs of small-time operators that might be cutting corners on key ingredients. If you're unsure, ask the company in writing if they manufacture their own supplements (most don't) and what steps they take to ensure what's on the label is actually in the finished product.

2. MAKE AN INVESTMENT **IN YOUR BODY**

Would you buy a high performance car, only to fill it up with budget petrol? Same logic applies to your physical fitness and nutrition. Only invest in quality supplements that deliver both great value and superior nourishment to your body.

3. JUDGE A WEBSITE BY ITS COVER

Reputable online stores invest heavily in website functionality, design and security. Out-dated, buggy or poorly designed websites, particularly those missing secure payment options and SSL encryption are a sure sign of an online store worth avoiding.

4. THE WRONG CHOICE COSTS MORE

Making the wrong supplement choice doesn't just mean a waste of your hard earned money, but might also mean a waste of all that time and effort in the gym. Don't lose out on results simply because you saved a few dollars on sub-standard supplements.

5. LOOK FOR EXTRA VALUE

Always visit the clearance or sale pages on a website, plus keep an eye out for a newsletter signup bonus or other incentives. Do a quick search and see if there are any coupon codes floating around the internet. A few minutes research could land you some great value deals.

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HIGH-INTENSITY ABS

COMPOUND SET 3

EXCERSISE	SETS x REPETITIONS	
Sit-Up Plank	3 rounds	
Jumping Knees-To-Chest	3 x 10	

2-minute rest

SIT-UP PLANK

Settle into a decline bench as you would for a normal sit-up with your legs secured and arms in front of your chest. Recline until your back is parallel to the ground. When you reach this position, freeze and hold the contraction for 10 seconds before returning back to the starting position. Then drop back and hold the contraction at the parallel position for nine seconds before returning back to the starting position, then eight seconds, then seven, and so on down to one second. During each round, maintain proper back posture and focus on contracting the abs rather than the legs to hold the sit-up plank.



JUMPING KNEES-TO-CHEST

Stand up straight with your feet placed approximately shoulder-width apart and your arms at your side. From this starting position, dip down into a quarter-squat while swinging the arms back to set up a countermovement jump. Immediately explode straight upward, jumping as high as you can while driving the knees toward the chest. As you come down, extend your legs to land back on your feet. During each repetition, focus on quality, rather than speed. After each jump, take a deep breath before completing the next repetition. This will allow you to maximise the height reached during each jump.







COMPOUND SET 4

EXCERSISE	SETS x REPETITIONS
Overhead Medicine Ball Slam	3 x 10
Barbell Ab Rollout	3 x 10

OVERHEAD MEDICINE BALL SLAM

Stand up straight with your feet placed approximately shoulder-width apart. Hold a soft medicine ball with both hands directly in front of your torso. From this starting position, start the countermovement by raising the medicine ball above your head while fully extending your body. Then, slam the ball into the ground directly in front of you as hard as you can. Retrieve the medicine ball with both hands and return to the starting position. Focus on quality, rather than speed by taking a deep breath in between repetitions, and, of course, be sure the ball does not bounce back up toward your face.



BARBELL AB ROLLOUT

Start in a push-up position with the knees on the floor and your hands grasping an Olympic barbell loaded with five- or 10-pound plates on each side. Keep a slight arch in your back with the arms fully extended directly below your shoulders. From this starting position, begin to slowly roll out the barbell away from your body to a comfortable range of motion before returning back to the starting position.





M TWIG TO BIG

The Art of Training

By Vince DelMonte

Why workout principles matter more than sets, reps and rest.



The beautiful thing about creating training programs is that the options are infinite and you literally get to see your knowledge and creativity manifest right before your eyes. Does this mean that all programs are created equal? Not at all. But as long as a program adheres to a few select principles, the end result can be a beautiful form of artistry.

To me, training programs are akin to what a recipe is to a chef. While a recipe may call for specific ingredients, the chef who is making the dish has the freedom of choice to add or remove certain ingredients based on what they think will create the best end result. So while there is a structure in place, in terms of parameters to follow, the person making the food has the option to use their own creativity to spice things up.

The recipe for success

I've spent literally thousands of hours studying training programs over the course of my career in the hopes that I would be able to think like the great coaches who developed them. I thought that if I developed an identical program to one of theirs, it would make me just like them — and thus I could consider myself to be as good as them.

In my effort to perfect my craft and sharpen my skills, I've come to learn that I will never be fully able to create the exact same programs as some of my mentors. But, over time, I began to have success with the clients I was working with who were following programs that I'd designed. Through trial and error, and my own successes, I realised that you don't need to be able to replicate the programs of those you look up to, and that if you search a little deeper, you'll find some hidden gems. These gems are the underlying principles that guide the decision making process when developing a training program. These principles are essentially the base ingredients of the recipe for success.

Knowing and understanding these principles has allowed me to use my



own creativity to come up with some equally effective training programs as those written by the greats, but with ideas that are completely unique to me and my own experience. I've learned that as long as I use the right ingredients, but in varying amounts, I am able to present my clients with a five-star experience in terms of what it delivers.

Base ingredients for skinny guys

- Train the same body part two-tothree times a week.
- Get strong first and then introduce a wide spectrum of rep ranges.
- Select your exercises based on balancing your body's weak links.
- Periodise either the density, volume, intensity, or frequency based on goals.
- Perform each exercise through its full and controllable range of motion.
- Focus on making micro-progressions from workout to workout.
- Apply a deload strategy.

Like any recipe, these principles are open to interpretation, but they make up the underlying foundation that I use in the beginning stages with anyone. Once an individual has a solid base of strength and an increased capacity to recruit their muscles, many of these rules can be broken. But until that point in time, these are the principles that I believe everyone should follow.

Many of you are probably thinking that you are the exception and you want to hear more about breaking the rules. I doubt that is the case, but I'll share some of the rules that I occasionally disobey. Breaking these rules is not something I do unless I feel that the my client is ready. In my experience, an individual often feels they are ready long before they truly are.

The curveballs

- Train infrequently, as a result of doing more per workout.
- Lift light and get 'pumped' first, then go heavy. In other words, focus on your 10 rep max as opposed to your one rep max.
- Divide and conquer by isolating different areas and trashing them individually.
- Limit the range of motion to the range that puts the targeted area under the most stress.

When I feel an individual is ready, I'll begin to tweak the ingredients and add a little flavour. If an individual has been training consistently, using only a limited amount of exercises, focusing on proper technique and full range of motions, I'll often throw them a curveball and see how they respond. If the individual is ready, they'll generally respond favourably. But just like in baseball, sometimes the curveball strikes them out — in this case, they weren't ready and we go right back to basics.

The purpose of the curveball is to take advantage of the strengths they've been developing, much the way a hitter would when a pitcher opts to show him something different. In this case, the fastball is the base ingredients above. If an individual has developed the capacity to recruit their muscles at will (which is the purpose of the base principles), they'll knock this curveball right out of the park.

When an individual is ready, curveballs like partial reps and isolation exercises become much more valuable. But if the person can't direct the tension onto the targeted area, there's really not a whole lot of benefit to performing a bunch of different exercises and advanced techniques that can't be felt in the first place.

These are just the principles that underline the creation of the training programs I'm developing. What I'd like you to think about is, what principles guide you in the decisions you make in terms of creating a program? What's your 'fastball' and what's your 'curveball', and how have you responded to it in your journey?



Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of **No Nonsense Muscle Building**.

By Mark Robinson Your goals broadly fall into three categories: fat loss, muscle gains and performance. The training tools you have at your disposal: resistance training and cardio/conditioning work. So, which form of training is going to work best for your goals? y now, everyone's educated enough to Muscle gains? Athletic performance overall? Your know that 'cardio vs. resistance training' answer will decide the path you take. isn't an either/or proposition. Nobody reading this magazine is going to stop throwing the weights around just because there are some Let's take a look at cardio training and energy great benefits to cardiovascular work. We all expenditure. During low intensity exercise want to lift, but let's hear the case for cardio (defined as 25 per cent of VO2 max*) like walking, too. And while we're at it, let's look at how using the majority of energy requirements can be met resistance training with cardio can help you from plasma fatty acid oxidation. achieve your goals. Walking is a typical example of aerobic Obviously, your goals will determine to what exercise, as you're within the capacities of your

own breathing control; you have abundant oxygen

to breathe in and get to the blood vessels, causing

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extent you use cardio in relation to your resistance

training. Are you looking to achieve fat loss?

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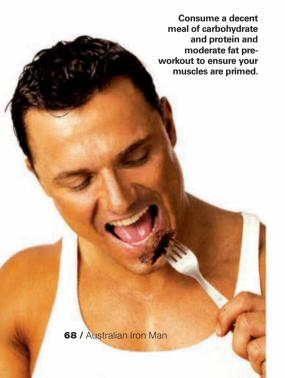
vasodilation and efficient oxygen deliverance to your muscles.

It follows that fats are metabolised in the mitochondria for the release of energy during these phases of exercise or just general daily activity. Can we say then that fat metabolism requires the presence of oxygen? Absolutely, but continue reading — there is a lot more to it.

Increase the intensity to 65 per cent of VO2 max and your total fat oxidation increases. But the big point of contention is that part of this fat oxidation has come from muscle triglycerides. Furthermore, energy is also oxidised from carbohydrates in the form of muscle glycogen. Now, people can freak out and think that this means their muscle is breaking down — some even believe that fat burning isn't even happening in the 65 per cent intensity range but, in actual fact, it is at its peak¹.

What then when the intensity rises to 85 per cent (of VO2 max)? This is the approximate intensity at which one becomes tight on breath, known as the 'anaerobic threshold'; due to the lack of oxygen in the blood, carbohydrates become the primary energy provider. This change in energy systems must take place very abruptly and under forceful training phases. It is therefore understood to be an efficient pathway of energy provision.

Of course, then the contentious topic of whether there is still fat loss at such great intensities increases to a climax. People cry, "Muscle atrophy!"





and believe that this is not a fat burning zone at all.

There is some accuracy here — but allow me to explain! Yes, at this intensity there is an insufficient blood flow and albumin delivery to transport fatty acids from adipose tissue into the blood stream. But fear not, because glycerol is water soluble and thus its appearance in the plasma is not dependent on blood flow.

The major point being lost by many is that there is still fat oxidation taking place just as there was at the lower intensities but it has just not risen proportionally with overall energy expenditure. It still holds its ground as a crucial part of energy provision. Yes, carbohydrates have taken over as the major provider of energy and, yes, mostly in the form of muscle glycogen.

Now, the big question is, again, what is the athlete's outcome goal from this style of training? Is it weight loss? In this case, the greater the energy output or calorie usage, the greater the weight loss (i.e. a caloric deficit). It follows

then that at the highest intensity, the largest calorie load is burnt because calories are oxidised from both fats *and* carbohydrates!

If *performance* is the goal, then the answer revolves around food choices and training methods that will either delay the onset of the anaerobic threshold or, in regards to resistance, increase muscular strength and mass.

The longer we can hold the body in the aerobic phase, the easier the activity will seem. After all, a limiting factor in performance is the perception of pain and while the body is training within aerobic capacity, it is not perceiving a great deal of pain — even somewhat underestimating the degree of difficulty of the activity. In other words, without the presence of puffing and panting, we perceive the activity to be within our comfort zone.

To prolong this 'comfort zone', literature suggests carbohydrate manipulation or cycling. This means firstly depleting performancefocused muscles of their carbohydrate

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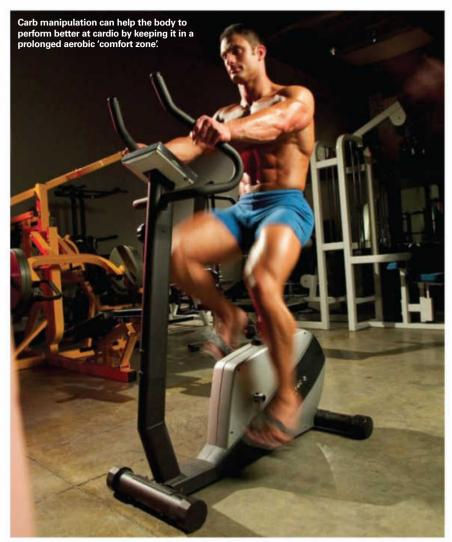
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(glycogen) stores for up to three days by training them hard on an empty stomach. This is then followed by a period of complete athletic rest for, again, up to three days combined with carbohydrate loading, in the form of, firstly, slow-digesting complex carbohydrates and then, secondly, as the performance draws closer, fast-acting simple sugars including glucose and dextrose. The result is a supercompensation of glycogen stores inside key muscles, providing well above normal levels of built-up energy, because thanks to the prephase of carbohydrate depletion, these cells are hypersensitive to the uptake of nutrients, not to mention the enhanced spike in insulin levels, aiding efficient cellular uptake! The result has been found to be a delayed onset of the anaerobic threshold and greater energy output once the threshold is reached2.

In other words, we need to have trained regularly on an empty stomach, thus forcing the body to dig into its fat cells. This understandably is not an easy process given these fat cells may be stubborn having sat in unfavourable pockets of the body for years. They have not been tapped into because you may have always consumed a combination of slow- and fast-acting carbohydrate foods or drinks before exercise, thus not allowing yourself to break into the dormant fat cells for energy because of the abundant energy just having been provided from the carbohydrates. Think of the fat loss you are now about to achieve as a part of the improved performance in the big picture.

Although this idea may be controversial, research has shown that fasting can be beneficial for fat loss³. So, for cardio performance, train the body to perform cardio on an empty stomach, fasted state. Research has also recommended using a fat burner prior to fasted exercise, like 360Health acetyl L-carnitine, which is a non-essential amino acid that transports fat, acting as a taxi for fatty acids, to the mitochondria where metabolism of these fats into energy takes place. This results in greater energy production as well as fat loss. Note that ingestion of caffeine, as a standard shot of espresso, can also suppress the perception of pain and delay fatigue, making it another useful pre-cardio tool4.



Enter: resistance

Let's move onto resistance training and performance, as in increased strength and muscle mass. Performing resistance training in a fasted state is NOT a good idea unless you are trying to achieve fat loss as a priority over muscle building, in which case I would suggest fasted cardio instead anyway.

So the answer here is clear: consume a decent meal of carbohydrate and protein and moderate fat pre-resistance training in order to ensure your muscles are primed for the attack they are soon to face. But how soon prior to training do we consume this meal and how can we be sure it will be absorbed into our muscle cells and not stored as fat?

I recommend eating 45 minutes prior to your training session. This is the optimal length of time for digestion of a medium-glycaemic index food to make it readily available for your session.



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Again, the spike in insulin from training increases cellular absorption of the nutrients; for this reason the protein and even fats, in addition to the carbohydrates, can all be absorbed into muscle cells5. Yes, the type of carbohydrate is important to ensure muscle fullness throughout the entire workout; that's why a medium-acting choice like sweet potato or white rice is often seen used. But then combining this with a small portion of a fast-acting carbohydrate sugar like honey can further speed up the ingestion if you don't have much time to eat pre-workout. In some cases, a mini-carb depletion, in one or two meals prior to the pre-workout meal, can be beneficial to mimic the glycogen supercompensation effect discussed earlier. This can be a form of



primary goal is of each and every training session. If it is fat burning, then train cardio in a fasted state and begin at low intensities — but do not be afraid to lift the tempo to 65 per cent of your VO2 max and then even to 85 per cent. Remember: the greater the overall load of energy being burnt, the greater the overall weight loss.

Furthermore, if you are training for a personal best performance in an endurance event, pre-deplete glycogen stores by consuming a ketogenic-style diet and keep training; three days is the general guideline for full depletion, followed by rest and carbohydrate loading for at least one day. This has been shown to significantly improve performance.

On the other hand, if muscle growth is the priority, then focus on consuming an optimal meal of high carbohydrate with moderate protein and fat 45 minutes prior to both forms of exercise, resistance or cardio. This should provide good timing for digestion and sustenance throughout the session. This type of meal prevents any breakdown of muscle because of the overflow you have provided before as a back-up. Of course, the meal immediately post-workout is just as important for muscle replenishment and growth, taking advantage of increased muscle absorbability of nutrients from the insulin spike achieved naturally through exercise.

Plan each training session carefully around a specific goal you are trying to achieve and prioritise nutrition as the determining factor to your results — you can't lose.

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*VN2 MAX

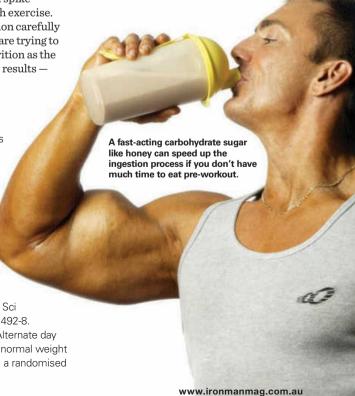
A measure of the maximum volume of oxygen your body can use. It's measured in millilitres per kilo of body weight per minute (ml/kg/min).

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Mark Robinson is an accredited dietitian and natural bodybuilder who won the 2013 World Muscle Model Champion at the Model America in Las Vegas. He runs a dietitian business

'Health Man Mark' (www.healthmanmark. com) and, with his business partner Rob Quatro, is the co-owner of 360Health Natural Supplements (www.team360health.com.au).



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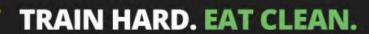


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M | SEX LIFE

Dirty Deeds, Swolemates and Gym Partners

By Amie Harwick, MA

Your most intimate questions answered.



Q: After every workout, my girlfriend wants to have sex. She says that it turns her on that I'm dirty, but I don't feel sexy at all because I feel like I stink and it's hard for me to relax.

A: It sounds like your girlfriend may be telling you that she is so attracted to you that body odour and gym sweat do not deter her from wanting to be sexual with you. While that is definitely a plus in your relationship, engaging in sex when you are straight from the gym may present some hygiene and safety issues for both you and your partner. Your girlfriend may be feeling the physical rush after working out. Her heart has been pumping fast, oxygenated blood has been surging through her entire body, and she has been watching you flex and stretch. It's no wonder that she wants to get it on! The two factors that come up for me are the safety issue and your comfort. Gyms are high-traffic areas that are breeding grounds for bacteria simply by the number of people in the building. Having oral or vaginal sex

Gyms are high-traffic areas that are breeding grounds for bacteria simply by the number of people in the building.

when bacteria may be on your hands, or other parts of the body, can put both of you at risk. Women are at a higher risk for urinary tract infections and bacterial vaginosis when having sex with a partner who might expose bacteria to her genitals. Second, you mentioned that you find it difficult to relax when you haven't bathed. Try starting a ritual of an after-workout sexy shower together. Add that to your foreplay; use the time to wash each other, kiss, and massage each other. I am sure that your girlfriend, and your muscles, will enjoy it.



Q: Do you know any playful sex foods that are low calorie? You always hear about whipped cream or chocolate, but I'm dieting. Any other sugar-free or low-cal options?

A: I admire your commitment to adhering to a healthy diet plan, even in the bedroom. However, using food in and around your genitals can cause mild to serious health issues. First, you must consider food allergies and reactivity of the female body to sugars. Insertion of what might be tasty treats to the mouth may cause infections in the vagina. But sex is not limited to just insertion and vaginal play. Food is a great way to connect to your partner in many ways. You mention that you are on a healthy diet. One great idea is to cook together and make foods that are healthy. You and your partner can cook in your underwear, lingerie, or even nude.

Feeding anything to your partner in a slow and erotic way can be a very sexy way to start a steamy session of love making. Aside from feeding your partner, you can use foods that have a variety of textures, temperatures, and amounts of moistness up and down your partner's arms, legs, neck and back. Consider ice, sugar-free jelly or icy poles. You can even freeze calorie-free flavoured water and make fun-shaped icy poles out of it. Another suggestion is sugar-free licorice that can be used for light spanking. Instead of dipping strawberries in chocolate, try dipping them in low-fat yogurt. The consumption of yoghurt even promotes vaginal health. With a little creativity, a strict diet doesn't have to restrict an adventurous sex life!

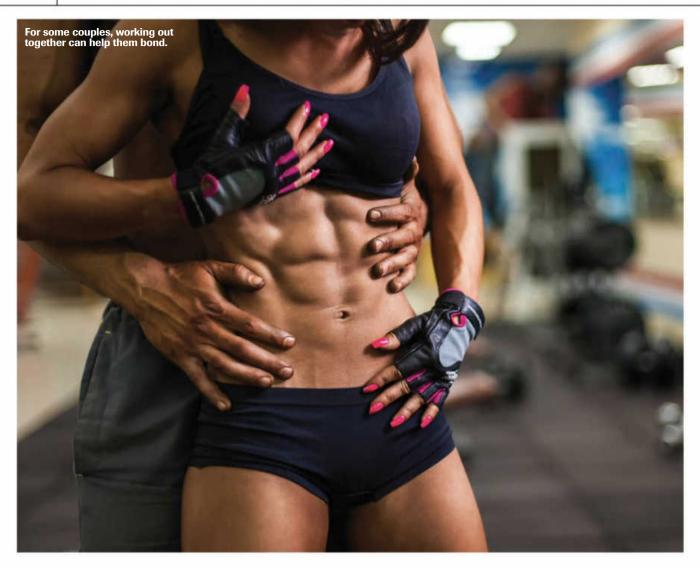
Q: My boyfriend always looks at the mirror when we have sex. I feel like

he's looking at himself and flexing. I asked him and he said he had a good pump. He sometimes even takes a pre-workout before we have sex. Should I be worried?

A: Your question reminds me of the scene in American Psycho when Christian Bale's character looks at himself during sex with admiration and lust. As long as your boyfriend isn't some type of psychotic narcissist like Patrick Bateman, this problem can have some simple and easy solutions. Based on the fact that you are writing to a fitness magazine, I will make the assumption that your boyfriend is a fitness fanatic or a bodybuilder. Since his body is his temple that he is working on perfecting, he may just be admiring the hard work that he can see in the mirror. While he may be proud of his discipline, and results, this

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mirror-gazing is causing a disconnect within the intimate relationship. Even when you asked him about his flexing, he reflected on a statement about his physique. It's time to have a heart-to-heart with your boyfriend. Communicate to him that while you love his body and his drive to take care of it, you are feeling a lack of connection between the two of you. Challenge him to make eye contact while you have sex. Make love in a room in which there are no mirrors. While it feels good to show off your body, it's still important to be present with the other person.

Q: Is the gym a good place to start a relationship? I see so many attractive girls in the gym, but I don't want to be the creepy guy that hits on the girls while they are trying to work out.

A: Gyms can be extremely social environments, but not everyone at the gym is open to making new connections. First, think about what your objective is. Do you see a girl that you want to potentially date, or are you just sexually attracted to the girl in the yoga pants on the Butt Blaster machine? Mutual interests are a factor in both short- and long-term attraction, but be aware, it is likely that your perception of attraction will increase when the blood is pumping and you see a fit body just a few feet away. Striking up a casual conversation in the gym with someone who interests you is natural. If the conversation is going both ways, she gives you a smile, and you feel some chemistry, feel free to move forward. Ask her to work out with you, go on a hike on another day, or just get her number. The worst that she can do is say no.

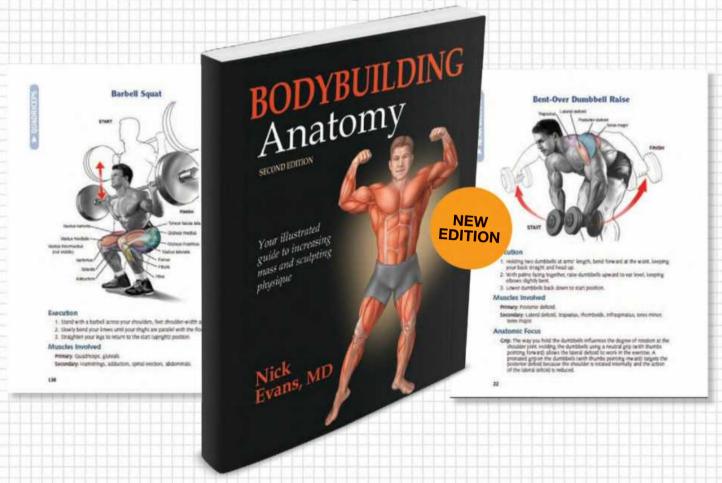
If being a training twosome doesn't work out, you can still find other ways to support each other in a fit lifestyle.

Not everyone is looking for love at the gym. If her headphones are on, she avoids eye contact, and she answers in one-word responses, give her some space. Another thing to consider is the long-term impact of hooking up with someone from your gym. The weight room is your place to focus on yourself. If there is drama between you and another member, this may turn your training into a hellish experience. Be cautious on how you proceed.

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Q: Does training with your significant other, or 'swolemate', build a stronger connection?

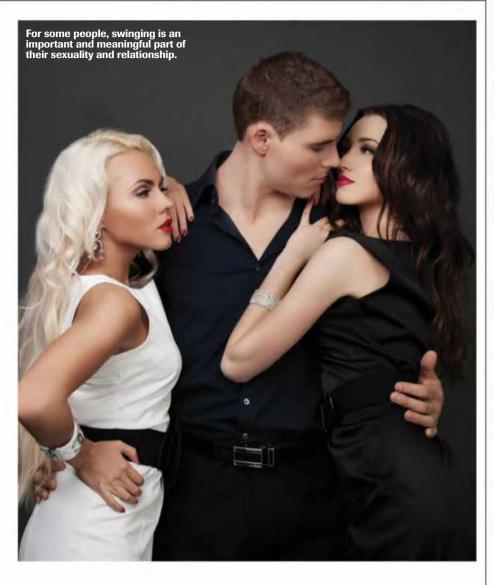
A: You sleep together, live together, eat together, but should you train together, too? For some couples, working out together can help them bond. You can spot one another, discuss fitness goals, and support healthy eating plans. Ideally, this sounds like a great fit, but the reality might not be so perfect. First, try a simple workout together. If it feels good, keep doing it. However, sometimes it may be best to part ways when you walk into the gym. Everyone has their own style of working out, their own goals, and their own limitations on how much to do. Some couples find that working out together can cause frustration or annoyance if motivation levels differ or someone gets overly instructional. Sometimes, problems in the gym can reflect larger issues within the relationship. Pay attention to the triggers that bother you. Was it an argument about what to do next or about form? These feelings may be coming from feelings about power and control, or general difficulty with communication. Use these feelings and awareness as an opportunity to communicate with your partner. If being a training twosome doesn't work out, you can still find other ways to support each other in a fit lifestyle.

Before making the leap to a night of sexy swinging, consider the impact that it may have on the health of your relationship.

Q: When is a good time to talk to my girlfriend about having a threesome?

A: I am glad that you asked about talking, because that is what it is all about. A threesome is consensual nonmonogamy. Because it is consensual, you must talk about it. Bring it up over a calm meal or night in. Ask her how she feels about threesomes. You can tell her that it is your fantasy and you want to know if it would ever be possible to turn into a reality. Ask her

SEX LIFE



how she sees it playing out and what her fantasies about it are. Be prepared for an answer that includes other men or very strict rules. Threesomes are most effective when they are discussed in advance and rules are agreed upon. Some of these rules include:

- Where do you find the third person?
- What is the gender of the third person?
- What are the boundaries? Kissing? Oral sex? Penetration?
- Is this a one-time event or an ongoing adventure?

Before making the leap to a night of sexy swinging, consider the impact that it may have on the health of your relationship. Jealousy is a normal and natural feeling, even for couples that regularly swing. Can you deal with your jealousy? Can your partner deal with hers?

For some people, swinging is an important and meaningful part of their sexuality and relationship. If that describes you, initiate this talk right away. If you and your partner have drastically different views, values and desires about sex, this may be a bigger issue.



Amie Harwick is a therapist in private practice in West Hollywood, California. She has her MA in Clinical Psychology with an emphasis on Marriage and Family Therapy from Pepperdine University. She is the author of *The New Sex Bible for Women*. **Find out**

more at AmieHarwick.com and Facebook. com/AmieHarwickMFT



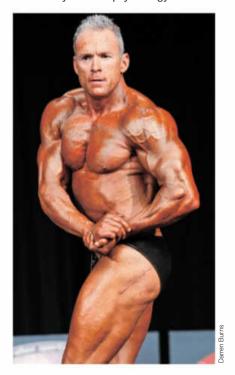
WEEKEND WARRIORS

BLAKE ABBOTT

Growing up I was always heavily into sport and would play anything, no matter the code or my skill set. Competitive? Hell yeah! At age 18, I joined the Australian Army and spent the next 13 years serving my country as a soldier, finishing my military service as an Army Physical Training Instructor (PTI). With the physical demands and competitive nature of soldiering being quite high, my personality was perfectly suited to military life. It became clear during these early adult years that the fitness industry was definitely of great interest to me.

I'm not genetically gifted, nor did I start with a lean physique, and I had carried a bit of stored energy from my high school days into my army career. Like a large percentage of the training population, I had little to no idea about the importance of nutrition and how much it complements the work we do in the gym. I was just iron focused!

After leaving the military in 2008, I joined the Queensland Fire & Emergency Services. The desire to compete was stronger than ever. I decided to go for a spot in the 2010 Firefighters' Calendar as a test to see if I actually had the psychology to





complete a semi-strict prep. I was lucky enough to appear in three calendars (2010, '11, '12) and after my 2010 success, I decided it was time to step it up and go for the stage.

My first steps into the competitive bodybuilding arena were taken at the ripe old age of 40. Entering only one category, Masters, I was thrilled to place second. I turned a boyhood dream into a reality and it was full steam ahead from there. Over the next few years I was competitive in a number of events in varying federations but had a setback in 2014 when, due to a hip injury I sustained in the military, I required a total hip replacement. With a changed psychology, I focused on my rehab and getting back on stage. Not competing again was never an option.

It was during my rehab that I was introduced to coach Leon Stensholm by my supplement sponsor Adam Bryant from TSN. I was just so over the 'bro science' preps, carbohydrate starvation

and body fat rebound post-comp. Leon, being trained by Layne Norton, guided me through flexible dieting, reverse dieting and self-monitoring macronutrient intake. Under his lead, I was on stage in September that year (six months post-op) and at 45 I won the Defence & Emergency Services 2014 national title.

Physical activity in all its forms, but particularly bodybuilding, has enhanced my life in ways I would never have imagined. With consistent hard work and patience. I have proven to myself that anything is possible. Bodybuilding is a big part of my life's blueprint and it's my drug of choice when I need to clear my mind and put things into perspective.

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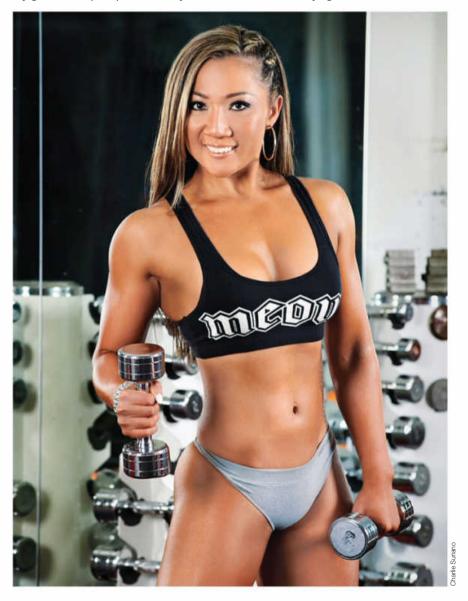
KATHY WANG

I come from a traditional family in China and came to Australia to study accounting.

During my last semester of university, I was feeling lost because I knew that it was not what I want to do for the rest of my life. I was going through a depression until I found out that I am the happiest when I'm at the gym training and I get excited giving others advice on how to improve their health and fitness. I had done my first competition in May 2013 and loved the whole process so much that it has been my goal to compete professionally. I

started to realise that this is what I want to do for the rest of my life.

I knew that giving up the plans my family set out for me was going to be a difficult conversation to have with my mum. But I thought, if I can show her that I can be good at what I do, she would be able to accept my choices. After I got a first-place trophy in the Bikini division at the Brisbane Fitness & Health Expo, I finally told Mum about my future plans of being a personal trainer and competing in body sculpting competitions. She was happy for me but the rest of my family were extremely against it.





Being in a traditional Asian culture, I understand my mum's struggle when she explains to people what I do for a living. When she shows people my stage photos, instead of being supportive, friends and family think that being in a bikini on stage is shameful and a female should not have muscles like I do. Eventually, my mum

muscles like I do. Eventually, my mum stopped being supportive and told me that I had taken this hobby too far and need to go back to accounting.

One month ago, I found out everyone in my family except my mum have decided that they would not have any contact with me if I continue doing

have decided that they would not have any contact with me if I continue doing what I do. I was depressed for a long time and wasn't sure if I had made a terrible mistake with my choices until I finally realised that I need to follow my passion regardless of what others think. I have the support from my coach and close friends and that is all I need. I have made so many positive changes in my life that I am extremely proud of. I truly love training and this sport and I believe that I'm helping others to achieve their dreams as well.

I hope my family will come around eventually but I have no regrets in the meantime.

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WEEKEND WARRIORS

JASON MORRIS

August 7, 2014 started as a normal day for me. It was five weeks to go until my first appearance as a natural bodybuilder on stage. Previously I had competed in male fitness model competitions all through 2013 in local and national levels and successfully placing as high as second at the Natural Olympia in San Diego, California and also second place in Men's Physique the same day. I worked very hard with changing my training style and had taken on board a more scientific approach with macro fitting and flexible dieting.

I began to get sharp pains in my stomach, constant pains that wouldn't go away. This lasted for over two weeks while in and out of the local medical practice and getting treatment — nothing seemed to be working. I then requested to go to hospital and had a week of various tests and scans, all coming back inconclusive.

They couldn't narrow down the cause and released me. A few days later, I went into the emergency room with excruciating pains and was later admitted into surgery. I had a major blood clot, which had killed 1.3 metres of my small intestine. This was all caused from a hereditary blood disorder; my mother and her granddad both had similar conditions in the past.

After four weeks of intensive recovery with physiotherapy and constant blood tests, I was released from hospital at a depressing 13 kg lighter than before surgery and a whopping 20 cm scar down the middle of my abs. This was almost pure muscle mass, as I had very minimal body fat due to being three weeks out from competition. This made me appreciate all the small things in life, as any longer and I wouldn't be here today telling my story.

It was September 29, 2014. I was frail. I was mentally wrecked from the thought of not just being close to death but all I had worked for, the countless hard hours



and consistent nutrition, had all gone to waste; I was almost back to square one. I went home to recover and had an extra two weeks recovery from work and gym. I began very light weight training and strengthening exercises to try to regain some form of core and full body strength back. It was difficult to experience the extreme strength loss in just six weeks of recovery post-surgery.

Times were tough. At times I wanted to give up and never start back on my fitness journey but I realised that this is me, this is my life and this is the life I love living. So I sat down and set some goals. INBA in September was my goal. I was determined to come back strong and come back better than ever. I wanted to bring the ultimate best I could.

May 16, 2015. Seven months postsurgery, I flew to Townsville to compete in the INBA Tropix event. I was ready, I was pumped and I had brought the best size and conditioning I could in such a short time. This was the most exciting moment in my fitness journey thus far: I took out my division in first place! I competed in Men's Novice Bodybuilding. After what I had been through less than eight months ago, I had such a feeling of accomplishment and pride.

I have a 20 cm scar on my abs that will not fade and to this day I have to take daily medication. I have a story to tell; a story about being strong willed and dedicated to a goal.

When you put your mind to it, you can achieve almost anything. Never ever give up!



MICHAEL SCHNEIDER

After a successful career as a golfer, during which I travelled internationally and got to play against the greats, including Greg Norman, I got involved in teaching the younger kids the game. I took great pleasure in passing on my knowledge to the younger generation, but since my hobby had now become my job, I had to find a new hobby. I decided to start lifting weights.

I'd always been quite small and thought I'd like to put on some size. Over time I grew my 63 kg frame to 78 kg and a good friend of mine, Clare Robbins, suggested I step up on stage.

In May 2012, I competed in my first ever fitness modelling competition with the INBA and I was hooked. I went on to compete again in the Queensland titles and soon after went to Las Vegas for the Mr. Olympia. I met so many likeminded athletes and my motivation was heightened. Plus, after not placing in my first two comps, I became driven to walk away with a trophy.

The 2013 Brisbane Classic, my third competition, was where I got my first trophy — a third, but a third that felt like first. I was stoked to get that trophy and it really got the fire burning to keep bettering myself. A week later I travelled to Sydney to compete in City Nationals and walked away with another third. Season A was over but I was only just getting started.

I had a good off-season and came back into season B with the best physique I'd ever had to date and placed second in ACT and third at the Queensland titles. I then travelled to Melbourne for the Australian titles, where my winning streak of nine straight titles started. I was crowned INBA National Male Fitness Model 2013, followed by a first place at the Fitness Model Search at the Fitness Expo.

By now my love and passion for the fitness industry had well and truly kicked in and I decided to say goodbye to my teaching career in golf. I once again travelled to the USA to take on the world at the World Cup and Natural Olympia, placing first in both competitions.

That plane ride home to Australia gave me a long time to reflect on my achievements and future goals I'd like to accomplish. I decided to go back to full-time study at FIT (Fitness Industry



Training) and was honoured when they saw my achievements over 2013 and awarded me with a scholarship.

In 2014, I completed my personal training and nutrition course. Over the year, I continued to place first in each competition I entered, and afterwards went on a well-deserved holiday through Dubai and Greece to give my body a

break. I came back refreshed and ready to start my own home-based personal training studio.

With season B approaching, I decided to put my knowledge and energy into my small team for the Queensland Championships. As a team, we came away with the goods with three first places, three third places and an Overall winner. Two weeks later it was nationals and I decided to compete with my team and was awarded with a first place Short Class. With all this success, the business quickly outgrew being a home studio and I purchased my new PT studio earlier this year. My team had a hugely successful Brisbane Classic with 17 trophies and four trainer awards. I have again doubled my team for the upcoming season and cannot wait to see what the future holds for Team Schneider and MPS Fitness.

I am always driven to better myself and my business. I'm constantly setting goals and reaching them every day. Hopefully, with all the knowledge I've gained along the way, I can make my dream a reality and turn pro.



Set The Right Pace

By Thomas DeLauer

Bulking and cutting phases might work for heavyweight bodybuilders, but it's better for physique athletes to stay lean all year.

I've always believed that in order to be an excellent athlete you have to be a bit extreme. To become pro level at anything, you have to possess qualities that may seem a bit abnormal to society at large. Late-night practices, constant pursuit of perfection and strict diets carve out a very specific label that many of us as high performance or aesthetic athletes carry with us.

But, interestingly enough, it seems that in the world of bodybuilding and fitness, the extreme mentality can carry over into day-to-day life. In an effort to build the perfect body, many of us go to hardcore dieting techniques and sometimes forget that there is an alternative to the extreme bulking and cutting mentality that occurs within the competitive fitness community.

Recently, I have seen many fitness models and competitors jumping on a trend that I find to be a much healthier approach and one that provides a more sustainable outcome. This trend is staying lean 365 days per year rather than blowing up and then crash dieting for a given event. It seems as though the appeal of being in shape year-round is beginning to supersede that of being a bit softer in the winter and lean only in the summer or around contests.

From a purely mental standpoint, being in shape year-round provides exceptional benefits. When you're feeling confident, it gives you the ability to conquer more in your daily life than you would if you were feeling selfconscious about your appearance. The problem with the traditional bulking and cutting approach is that the contrast of one condition to the other can sometimes leave you feeling a bit depressed or at the very least, with lower self-esteem. If you're ripped all summer, but then you shift into bulking season, it can be difficult to watch the six-pack disappear and consequently leave you feeling a bit down.

Of course, staying lean consistently comes with its own mental pitfalls as well. We all know it means committing to a strict diet, and that isn't always fun. Certain foods give us a dopamine response that makes us feel good, and without having a few meals to provide that, we can get disheartened. From a hormonal standpoint as well, excessive dieting can cause an increase in cortisol. This undesirable hormone can make us feel anxious, depressed, and fatigued. The best way to combat both of these roadblocks is to allow yourself

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a cheat meal one time per week. This lets you get a bit of a dopamine surge from your favourite food as well as helps blunt the excess cortisol that is on the rise from dieting.

One of the many reasons that bodybuilders and physique competitors enjoy the bulking and cutting method is the rebound effect that occurs when making the sudden switch from a diet phase into a bulking phase. What is meant by 'rebound' is that the body experiences a dramatic anabolic effect when it switches gears out of diet mode. The body becomes exceptionally receptive to nutrients, and certain hormone responses elicit a tremendous surge in muscle growth that can carry on for one to two weeks. However, I don't feel that sending your body into anabolic overdrive for one week is worth the negative health benefits of eating everything in sight for an extended period.

You can still achieve a rebound effect on a year-round clean diet by simply introducing appropriately placed cheat meals throughout your clean diet. It is the 'bingeing'

mentality that gets athletes into trouble, so just be sure to exercise control. When you schedule your cheat meals, try to orient them around larger muscle group exercise days. For example, schedule a cheat meal after a hard leg workout so that you can obtain the largest benefit from the workout and the meal. By adding cheat meals, you not only keep yourself sane throughout the dieting process, but you actually can build muscle while staying lean!

If you're looking to stay lean yearround for your own cosmetic goals, I would recommend staying about three weeks out from your top condition. This way you're not maintaining an unhealthy body fat percentage, but you're still close enough to be ready for any event. Remember, your body needs some adipose tissue to regulate hormones like testosterone, so do not to attempt to stay at three per cent body fat all year. If you attempt to stay exceptionally lean for 12 straight months, you can do some metabolic damage, making it harder to lose fat in the future.

In this world, it is always a give and take; you can either give up your freedom to eat in lieu of abs all year, or you can give up the abs to enjoy some scrumptious food. I feel there is a happy medium between those two places. At the end of the day, we all have to keep in mind that this is about health, because without a healthy body, there is no six-pack, there is no working out, and there are no competitions. So make the choice that is going to allow you to lead a healthy life, yet still be far above average and setting the pace for those who aspire to be like you!



Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has

the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."

Facebook.com/ThomasDeLauerMP Instagram: @ThomasDeLauer Twitter: @ThomasDeLauer

Eric WainWric



Model, coach and international entrepreneur, Aussie Sonny Brown is out to conquer an entire continent — and then the world.

By Binais Begovic • Photography by Per Bernal



SONNY BROWN

've always admired people who are passionate and devoted to what they do. I still remember my fourth-grade biology teacher who had this unique energy when he walked into the room and started teaching. His passion about science quickly spread through the class, and even the least interested students would listen. I've been in the fitness industry for over 17 years, and I have felt this kind of energy only three times: once with pro bodybuilder-turned-coach Milos Sarcev, a second time with the late great fitness model Greg Plitt, and most recently when I walked into Gold's Gym, Venice during Sonny Brown's photo shoot for *Iron Man*. Sonny was giving every last molecule of himself in front of that camera, and he loved every second of it. I couldn't wait to share his story with you.

Binais Begovic: Where did you grow up?

Sonny Brown: I was born in Portugal. My mum is from New Zealand, and my father is from England. I was born in Portugal because my father was working with a business that was based in Portugal at the time. Growing up was awesome. The weather in Portugal is very similar to California, so my family would spend plenty of time outdoors and at the beach. The Mediterranean diet that I grew up on has a lot to do with how I still eat and cook today.

BB: Do you come from an athletic family?

SB: From my first memories my mum loved horse riding, which wasn't really my thing, but my dad was a big fan of football [soccer]. My father is from London, England, and supported Arsenal FC, so I always took an interest in football, but my real passion was bodyboarding.

BB: Were you a good student and athlete growing up?

SB: I loved school up until the age of around nine. I enjoyed the structure of it all, but my parents split up and I moved to New Zealand, England and then finally Australia. I found my energy was most suited to bodyboarding, athletics, sprinting, football, and basically anything that didn't mean I had to sit still listening to long multiplications.











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SONNY BROWN

BB: Was that a tough time in your life — divorce, a move across the globe?

SB: After the divorce, we moved to Australia when I was nine. My mother's parents lived in Australia, and my father moved back to England. I didn't think of it much as a young kid. I wanted to play sports and be in the ocean. As I became older, I realised I missed having my father around, but most of the guys I grew up with were in the same situation.

BB: Who were your first heroes?

SB: My number one inspiration from a young age was my father. The guy continues to show me what a real work ethic looks like. I was heavily involved with bodyboarding as an Australian champion, and I looked up to the world champion at the time, who was Ben Player.

BB: How was your relationship with your parents when growing up?

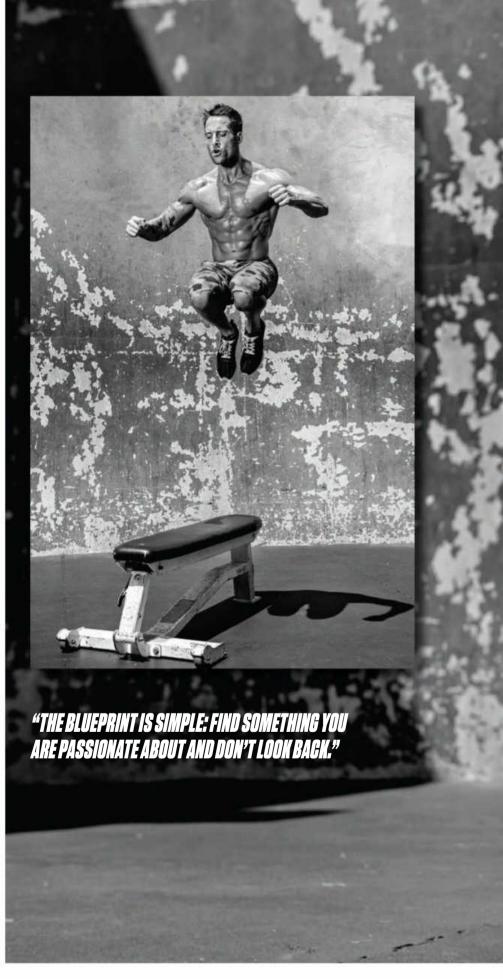
SB: My relationship was OK with my parents. I would love to say it was the perfect upbringing, but it wasn't. My mum brought me up along with my two sisters. She worked hard to provide the best she could for all of us. My father was living in England with my older brother, who I thought of regularly and at times found it tough to be so far away from him.

BB: When did you reconnect with your dad?

SB: There was a time in my life where I was no longer bodyboarding, school was finished, and before I knew it I was hanging around some scary figures doing some crazy shit. I ended up in a fight one night as a 17-year-old, and the domino effect this had on the next few years of my life was crazy. I was put on probation for six months after spending some time away from society, and my mum and I decided I would move to England to live with my father. This was a life-changing experience. This is where I went from a boy to a man and witnessed what a real work ethic looked like from my father.

BB: How was the transition from bodyboarding to bodybuilding?

SB: I remember keeping a bodyboarding journal for a year straight when I was 15. On the first of January that year, I said to myself, "I don't care how big or small the conditions are, for a year straight I will surf every day this year." And I did. I've never had a problem



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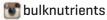
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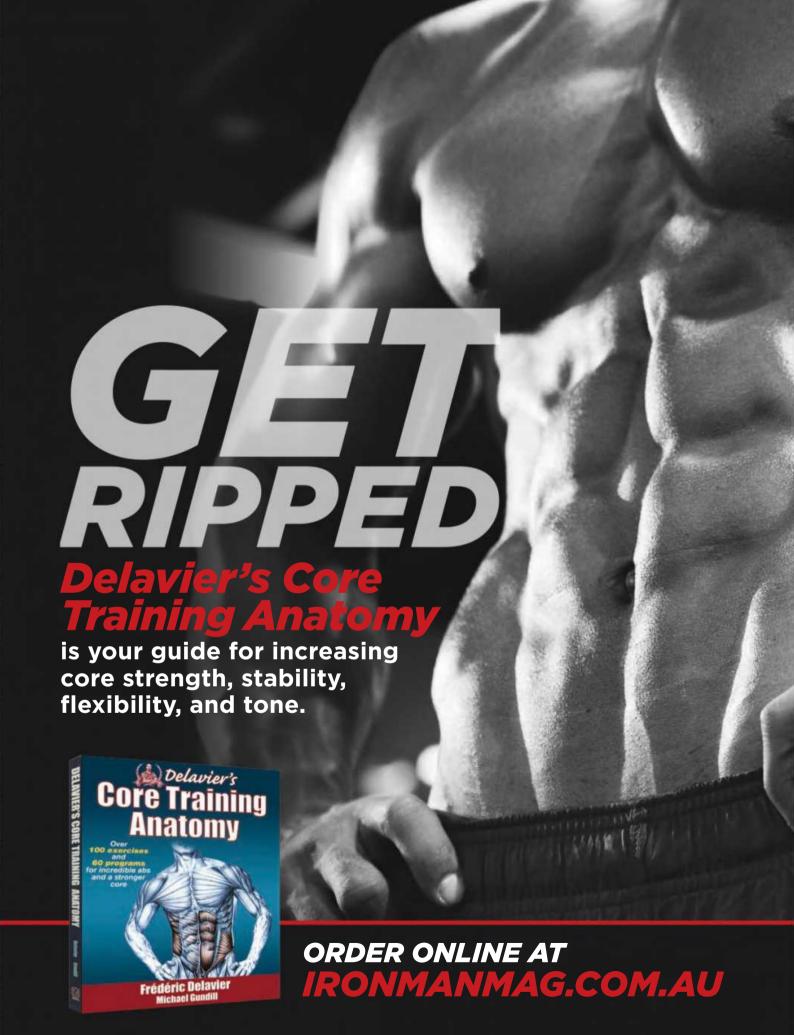


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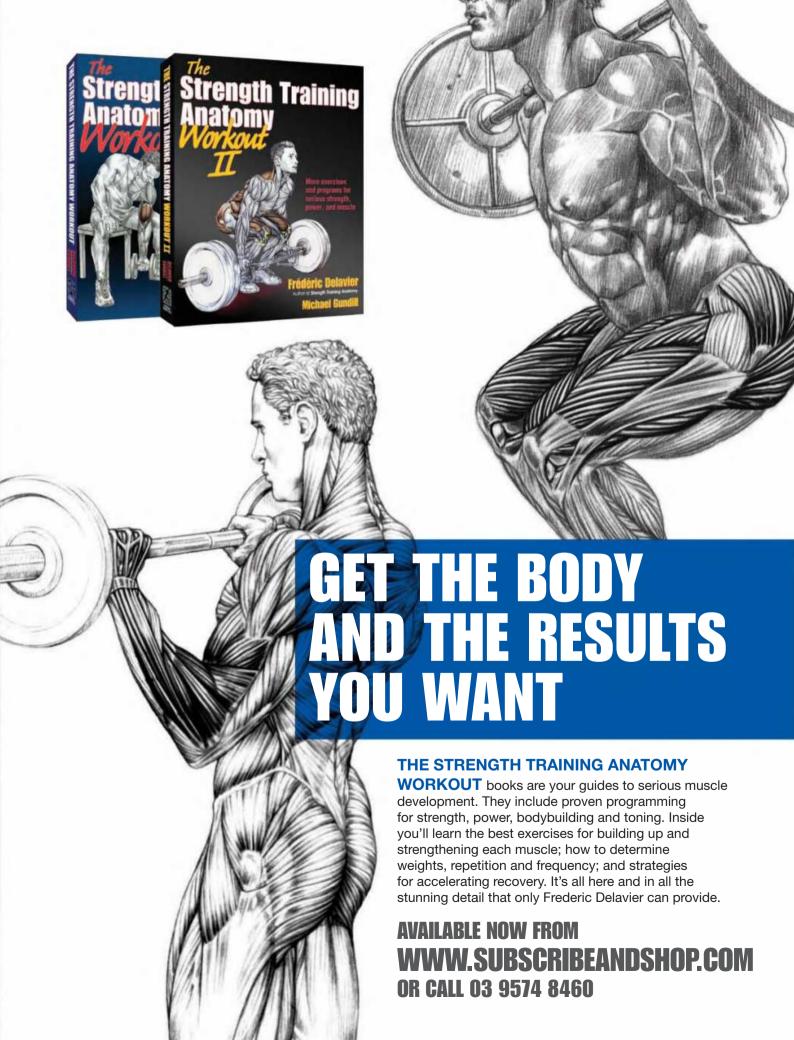
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SONNY BROWN

and myself. I'll finish at the gym around one p.m. when I return home to my apartment/office and do all my online work. I'll write clients training and meal programs, answer emails, check my website, social media, submit images, write articles and reach out to other professionals. I train seven days a week and rest when my body tells me I need it. My rest day involves walking, swimming and lots of stretching.

BB: How do you manage to stay in shape when you're so busy?

SB: I've found that my eating habits revolve around my workday. I'm usually up around five a.m. and asleep at 10 p.m., so I eat my biggest meal at the start of the day, which is oatmeal, fruit, and eggs. I'll eat another meal four hours later and have a post-training shake with fruit, which leaves me one to two meals to prepare at night.

BB: How do you deal with hardships and negativities in life?

SB: I look back at my past and think to myself how far I've come and what I've achieved. Many men around me have failed because they let their anger, ego, frustration and pain take them down. I go to the gym and work that energy off, and I don't leave until I'm in real pain. I exhaust my body of that emotion.

BB: Ever felt like giving up?

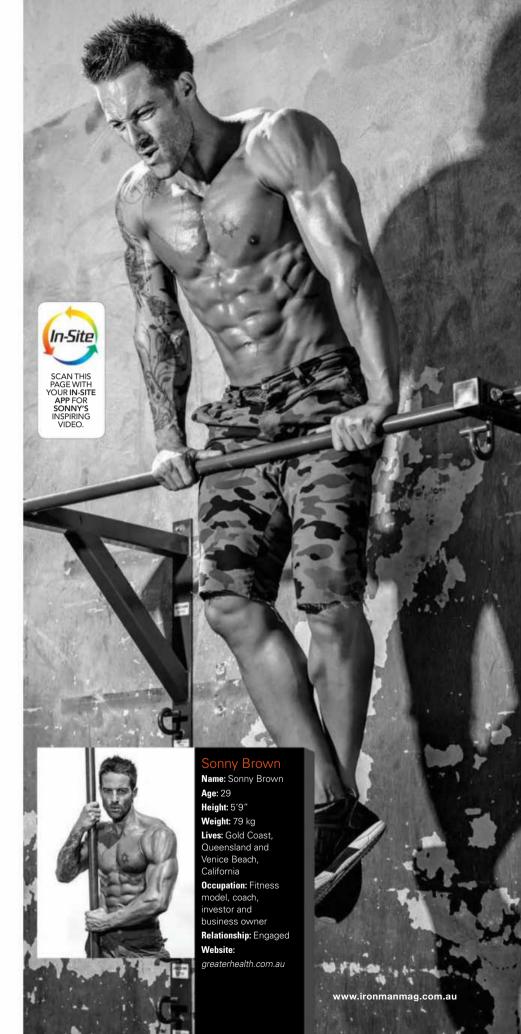
SB: Too many times to mention. If you don't think about giving up, you're not working hard enough in my world.

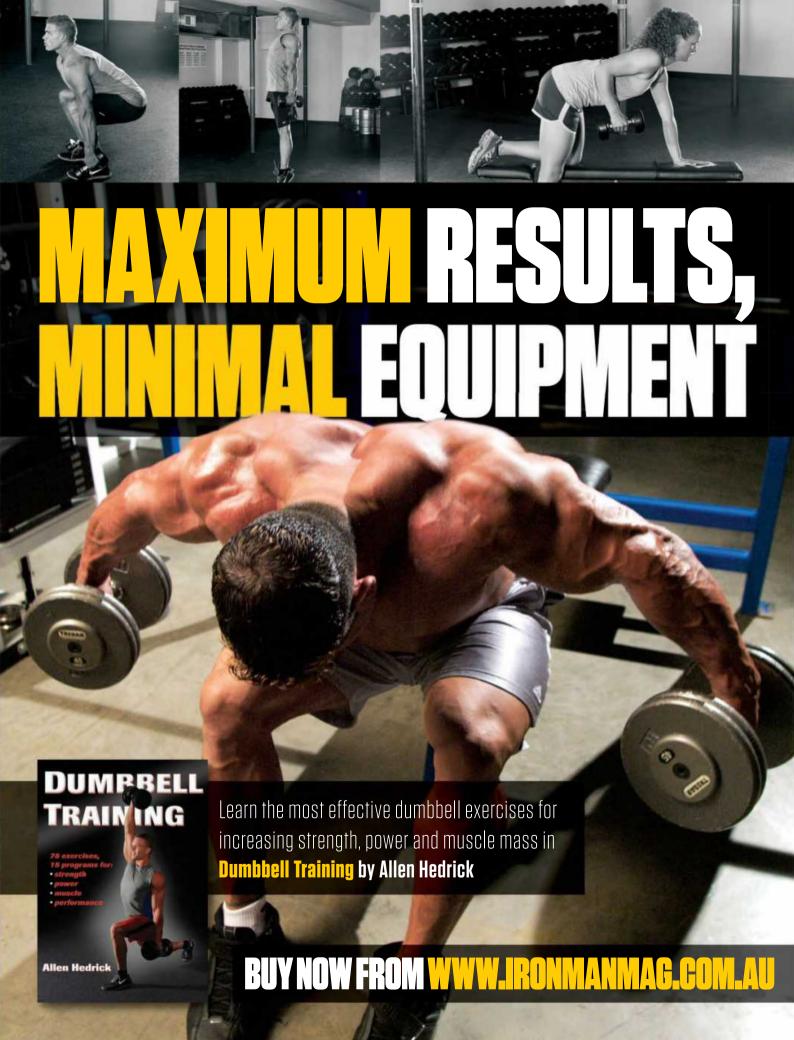
BB: What are the biggest differences when it comes to the U.S. fitness industry and Australia's?

SB: The size of the American industry is huge! The U.S. has 322 million people, Australia has 22 million, so the opportunities that the American industry can offer are of a bigger scale. We are definitely catching up, and I believe the Australian market will continue to grow and be a force to reckon with in the future.

BB: I'm coming to Australia to swim with some great whites. You have to promise me a private class in bodyboarding.

SB: It would be awesome to see you out here next year, and I promise to give you a private bodyboarding class, and then we can go swim with the great whites, ride kangaroos and throw a shrimp on the barbie.







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Report and photography by Darren Burns

ue to the tremendous growth in natural bodybuilding, physique and fitness in Queensland, this year's rendition of the INBA Brisbane Classic was held over two days at the home of the INBA Queensland, the Sleeman Sports Complex at Chandler.

The First-Timers Figure is a newly created division and, as the name indicates, this is a new class that was introduced for those competitors entering their first show. Judging by the number of participants, it certainly proved very popular and it was encouraging to see such a high standard for those making their debut onstage.

Among the many newcomers in the Figure classes were seasoned veterans and it was amazing to see the physique of Kerry Degnian even leaner than last year. It wouldn't be an understatement to say that Kerry was one of the best conditioned competitors on the first day. Cassie Chow had a successful day, taking out first place in the Ms. Figure Open Class 1 and then later being awarded the magnificent Figure Open Overall award by INBA Queensland president Jason Woodforth.

In the Men's Bodybuilding, Allen Mao backed up his win from a week earlier at Tropix with another victory in the Men's 77kg + division. However, in the Men's Open Class 2, Allen encountered the impressive physique of Trevor Huni. Although not as conditioned as in previous outings, it was still difficult to deny the incredible amount of muscle and shape that Trevor possesses and he was a deserving winner of the Men's Open Class 2 and Men's Overall title.

Sunday commenced with the INBA Angels, and the extensive work and planning that went into the development of each costume was clear and very much acknowledged by the audience. All of the competitors looked stunning and it must have been difficult for the judges to make a final decision, but after many comparisons, Hayley Mabbet was declared the winner ahead of Alana Michalxuk in second and Kate Lunn in third.

As with Figure, the Fitness category also saw the introduction of the First-Timer classes and was an excellent opportunity for those to compete against others of the same experience level. Sa Dang, Laura Coulsell and Alexandra Katafiasz all looked superb in taking out their respective height classes in the Figure First-Timer divisions.

Jade Dumont displayed an outstanding physique in being awarded the Ms. Fitness Open Class 3 as well as the Fitness Overall title and will be a serious contender should she decide to enter the state and national titles later in the year.

Josh Shultz was another standout, winning the Men's Fitness First-Timers Class 2, the Men's Fitness Novice Class 1 and then the Overall title. It was also great to see Andrew Moreland being rewarded in the Physique Masters class. I believe that on occasions, Andrew's physique causes the judges some dilemma as he always displays excellent muscularity and conditioning, which may be considered more in line with the bodybuilding category more than Men's Physique. Paul Baxter continues to improve and was a very deserving winner of Men's Physique Class 1.

Not too sure if it's a first or not, but the Nguyen brothers both won their physique classes. Arn Nguyen won the Physique Novice Class 2 and brother An finished the day with victories in both the Men's Physique Open Class 2 and the Overall title.

Special mention must go to the tireless efforts of Jason Woodforth and his team for yet another hugely successful competition. Jason is always striving to improve the competitors' experience. It seems at each event there is always a new and innovative initiative being introduced, the production level increases and more sponsors are on board. All of which is why the INBA continues to grow from strength to strength in Queensland.

Note: Due to the sheer number of competitors, unfortunately we could not feature every single division and winner. For a full list of results, please scan page 104 with your In-Site app.



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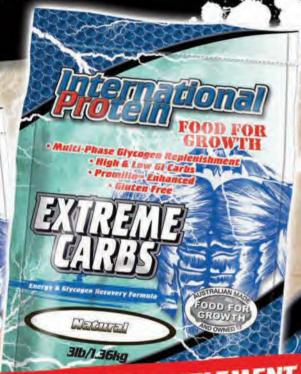
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The 100% Natural Proteins are great to use in savoury dishes such as dips, soups, casseroles and pasta sauces.

Both the **Natural Flavoured** and **100% Natural Proteins** are a great way to boost the protein content of your everyday wholesome foods.

Whether it be to reduce unwanted additives and chemicals in your diet, avoid allergens, meet specific dietary requirements, support nutrition or to improve overall wellbeing, there is a product in the International Protein *Naturals* range to suit you.

Here's some quick & easy recipe ideas to get you started.



HERBED CARROT CORN BREAD

1 cup (200g) cornmeal (polenta)

 ${\tt 2\,SCOOPS\,(60g)\,International\,Protein\,Naturals\,ISO-PEA\,Natural}$

1/3 SCOOP (7g) International Protein Naturals Egg Albumen

1 cup (165g) spelt flour

2 tsp (10g) baking powder

1 tbsp (20g) granulated stevia (for baking)

1 tbsp (5g) mixed dried herbs

1 large carrot, shredded

1 tbsp tabouli salad

160g tub low fat natural Greek yoghurt

1/4 cup rice bran oil

300mL water

1. Preheat oven to 180°C. Line a 14cm x 21cm loaf tin with foil and lightly oil.

- 2. In a large bowl combine cornmeal, International Protein Naturals ISO-PEA Natural, International Protein Naturals Egg Albumen, spelt flour, baking powder, stevia and dried herbs.
- 3. Stir until evenly mixed.
- 4. In a separate bowl, mix together carrot, tabouli, yoghurt and oil.
- 5. Add the water to the carrot mix and stir to combine.
- 6. Make a well in the centre of the dry ingredients, add the carrot mixture and quickly stir until just moistened (do not over-mix).
- 7. Spoon into the prepared loaf tin.
- 8. Bake at 180°C for approx. 50 minutes (until a skewer comes out clean).
- 9. Cool for 5 minutes in the tin; turn out onto a rack and gently remove the foil.
- 10. Serve warm or cool with soups and casseroles, or toasted, topped with poached eggs, tomato, etc



GLUTEN FREE APPLE CAKE

2 SCOOPS (40g) International Protein Naturals Egg Albumen

1 SCOOP (25g) International Protein Naturals Vanilla SPI

1SCOOP* (45g) coconut sugar

1 SCOOP* (35g) coconut flour

1 tsp cinnamon

250mL unsweetened vanilla flavoured almond milk

2 tbsp rice bran oil

2 large green apples

Lemon juice

Extra cinnamon for dusting

*use the SCOOP from inside the





- In a large bowl mix together the International Protein Naturals Egg Albumen, International Protein Naturals Vanilla SPI, coconut sugar, coconut flour and cinnamon.
- Make a well in the centre of the dry ingredients and add half of the almond milk, stir quickly until absorbed, then add another quarter of the almond milk. Repeat until all the almond milk is added. Mix until smooth.
- Add the rice bran oil and mix until batter is smooth.
- Pour the batter into the prepared cake tin.
- Peel and core the apples, then cut into thick slices. 6.
- Brush apples with lemon juice. 7.
- 8. Using a sharp knife, make long diagonal scores in each apple slice.
- Press the apples, scored side up, into the batter. 9.
- 10. Sprinkle extra cinnamon over the top of the batter.
- 11. Bake at 180°C for approx. 30 minutes (until a skewer comes out clean).
- 12. Allow to cool slightly on a cake rack before turning out.
- Slice into generous wedges/slices to serve. 13.





SUMMER BIRCHER MUESLI WITH CHOCOLATE YOGHURT

- 1 Cup (120g) wholegrain rolled oats
- 2 SCOOPS (60g) International Protein Naturals Vanilla WPI
- ½ Cup (125mL) coconut water
- 1 tsp apple cider vinegar
- 1/3 cup grated apple
- 1/3 cup diced raspberries

Handful of whole raspberries & blueberries (to serve)

- 2 x 2g sachets stevia sweetener
- 2 x 160g tubs natural low fat Greek yoghurt
- 1 SCOOP (30g) International Protein Naturals Chocolate WPI
- Mix rolled oats with 1 SCOOP International Protein Naturals Vanilla WPI in a large bowl.
- Add the apple cider vinegar and stevia to the coconut water then pour over the oat mix. 2.
- 3. Add the apple and diced raspberries to the mix and stir to combine.
- Add 1 SCOOP International Protein Naturals Vanilla WPI to 1 tub of Greek yoghurt and stir to combine. Mix through oat (Bircher Muesli) mix.
- Divide Bircher Muesli mixture into 2 breakfast bowls.
- 6. Stir the International Protein Naturals Chocolate WPI into the other tub of Greek yoghurt.
- Spoon half of the chocolate yoghurt onto each Bircher Muesli bowl.
- Decorate with blueberries and whole raspberries.



URE PHYSIOUE

The relatively young sport is only in its

adolescence, but it's experienced explosive

growth. What will the division look like 10

years from now?

BY MIKE CARLSON

PHOTOGRAPHY BY RON AVIDAN





NPC/IFBB Men's Physique division is so new that if it were US football, competitors would still be wearing leather helmets and running the Flying Wedge. In bodybuilding terms, the fledgling sport is in the Reg Park era. It's hard to imagine athletes hitting the stage looking even fuller and more conditioned than current top-three placers like Jeremy Buendia, Sadik Hadzovic or Jason Poston, but if history has taught us one thing — and feel free to draw a line from Larry Scott to Phil Heath — bodies will always get better.

No matter how you feel about Men's Physique, the division is clearly here to stay. Along with Bikini, these two categories have reanimated the fitness industry like a pair of electric defibrillators to the heart.

Iron Man magazine organized a panel of industry experts to share their knowledge and opinions on how the sport of Men's Physique will continue to evolve, adapt, and improve over the next several years. Spoiler alert: The best of Men's Physique is yet to come.

THE PANEL



TRAINER
Ryan Bentson

A competitive superheavyweight bodybuilder in the 1990s, Bentson is the owner of Zero Gravity Fitness in San Dimas, California, and the trainer of Team Zero Gravity Fitness, which has over 200 Men's Physique competitors.



COMPETITOR

Jason Poston

Physique superstar Jason Poston is an IFBB pro, MET-Rx athlete, and native Texan. He has won several pro physique shows and was the runner-up at the 2015 Arnold Sports Festival. He is currently training for the 2015 Olympia Weekend.



JUDGE Lee Thompson

The current NPC district chairman of Texas, Lee Thompson is a Mr. Olympia judge as well as an IFBB Pro League judge. He officiated his first bodybuilding contest in 1999 and has since judged more than 500 bodybuilding and physique competitions.

Iron Man: To what do you attribute the success of the Men's Physique division?

Ryan Bentson: Guys are seeing it as being attainable. They look at a picture of Jason Poston and think, "If I diet hard and train hard, I can be there." Also, bodybuilding physiques are not pretty anymore. They look like big frogs. They are distended and blocky. That has pushed more people to want to do Men's Physique. There is no one on this planet outside of a competitive bodybuilder who wouldn't want to look like a pro physique competitor.

Jason Poston: I think it gives guys a lot of confidence. They learn about food and working out, and they hang out with dudes who are into what they are into. Then they pay a couple bucks and get an NPC card, and now they're part of something. It's a culture. There is much more community in physique than in bodybuilding. The bodybuilder mentality is about doing everything by themselves, but you'll see a group of 10 physique guys working out together.

Lee Thompson: I think social media has a direct correlation to our growth and our impact on the mainstream. Everybody wants to take a picture of themselves in the mirror and show their abs or their guns. It's that validation they receive from social media and to be able to step on stage and showcase their work against like-minded people.

IM: Do you think we will see a dominant figure emerge in Men's Physique, like a Ronnie Coleman or a Dorian Yates?

RB: I don't think we'll have a return Mr. O for the first five years. In every pro qualifier since physique started, there's a new batch of guys coming in who are even a little better than the pros from the year before. The quality is jumping at the national level faster than at the pro level. Half the pros that were in the Olympia line-up last year didn't qualify this year.

JP: I definitely see it happening. In physique you have guys training at a younger age for a specific result. They're attempting to keep the waistline smaller but the lats broad and the shoulders wide. It's a matter of time before the younger generation keeps working at it, and then we see this superstar come up who has every advantage.

LT: I wouldn't say it's impossible, but I think it's highly improbable. The numbers of competitors in Men's Physique are far greater than we ever had in bodybuilding. In the Ronnie Coleman era, you were looking at 25 top bodybuilders. In Men's Physique we have over 300 pros. There are too many different physiques and competitors to have one person dominate year after year.

IM: We've seen bodybuilders and women's figure competitors push the envelope on size. Will physique athletes get bigger and bigger?

RB: It's already getting there. A couple of my competitors in the C-class are 5'9" and get on stage at 205 pounds (93 kg). Where it will cross the line is when guys start to look too synthetic. A guy like Jason is a big guy, but it fits his frame well. He's tall and he has broad clavicles. But he would have to be 240 pounds (109 kg) to be competitive as a probodybuilder, so there's still a significant gap between those two groups.

JP: Yeah, I think guys will get bigger and bigger. Not to the point where you see waistlines expanding or extreme vascularity or where guys look totally juiced out. We've already seen a little bit of that, but no one talks about those guys, because they were in last place. Physique is all about symmetry and the beauty of the male anatomy.



THE FUTURE OF MEN'S PHYSIQUE

LT: It's a natural progression, but we contain it at the judging panel. We have to do a better job than we did in the late '90s. As judges we know that athletes are always going to try to push the limit. It's our job as judges and officials to maintain a criterion and judge to that. At the end of the day we're managing a look.

IM: In your opinion, is there an optimal height and weight for winning physique shows?

RB: That is the good part about Men's Physique, because they're not judging on sheer muscularity and size; symmetry is way more important than overall muscularity. It's not uncommon to see a A-class competitor win the overall. Since it goes by height and not weight, you're being judged in proportion to your own physique.

JP: No. Jeremy Buendia is like 5'7", but you don't notice. He holds his weight so well, he doesn't look like a short guy. I'm about 5'11", and me and Anton Antipov are the same height. Sadik is like six foot. Steve Cook is about 6'1".

LT: No. I can be six feet tall, and 220 lbs (100 kg) might look good on me because I am very balanced and my legs and upper torso and lower torso match up. But someone else at that height and weight might look like a water buffalo.

"It is a matter of time before the younger generation keeps working at it, and then we see this superstar come up who has every advantage."

IM: Is there a peak age for Men's Physique competitors?

RB: I would say that the ideal age for pro Men's Physique is close to 30. The ideal look of Men's Physique is full round muscle bellies but not overly vascular and striated. To get that look, you have to have a lot of muscle density and not get yourself overly dehydrated. Guys with more muscle density tend to look better because they don't have to get as dehydrated as the guys who don't have that maturity.

JP: It doesn't seem like it. I haven't reached my peak yet and I'm 32. I'm the older guy in the top three.

LT: No, you have a Jeremy Buendia, who is 24 or 25, and you have Javon Walker, who is coming up and he's 36. It has a lot do with genetics and how long your body can last. If you have that strong elasticity in your skin, this is for you.



IM: What is a common problem you see in in young physique athletes?

RB: Most competitors don't understand the illusion of bodybuilding. Everyone thinks they need to be bigger than they are, but they underestimate the ability of looking big with conditioning and posing. Men's Physique is another division of bodybuilding, and one thing that bothers me is that a lot of new guys don't know the history of our sport. Half of the new guys don't even know who Ronnie Coleman is. If you don't understand the evolution of the sport or know about the people who made it possible for you to be competing, you're never going to understand what terms like 'symmetry' mean.

"There is no one on this planet outside of a competitive bodybuilder who wouldn't want to look like a prophysique competitor."

JP: I agree with Ryan. You can't get away from the basics of bodybuilding. I grew up reading tons of books, buying all the DVDs. I love Arnold's *Encyclopedia of Modern Bodybuilding*. Physique is bodybuilding. We are just presenting the body in a different way.

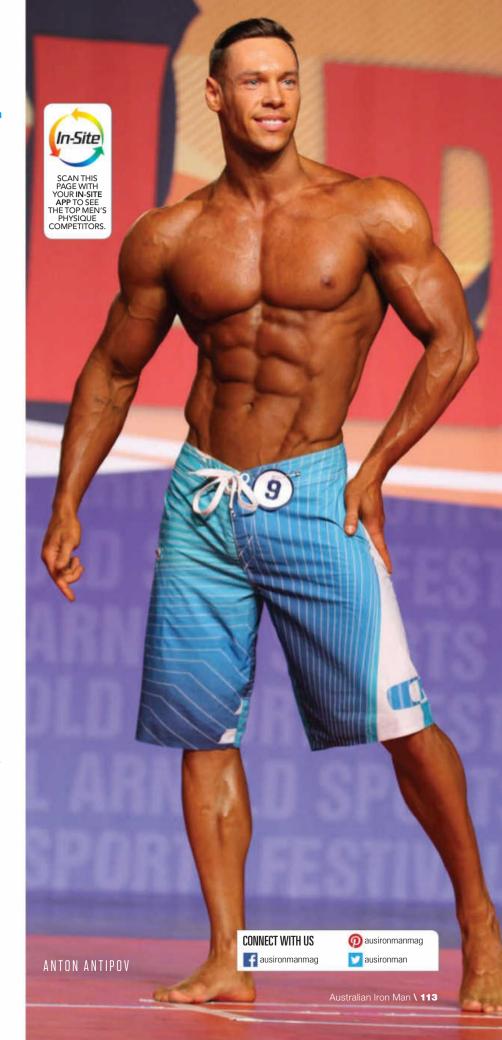
LT: A lot of new competitors don't take the time to read the rules. They don't know what they're judged on or that they have to wear boardshorts that are just above the knee. As kids, when they signed up for Little League they read the rules. But now they just grab an entry form and show up.

IM: What's your best piece of advice for young aspiring competitors?

RB: Consistency. A lot of guys show up to the gym with their Six-Pack Bag, and they have two duffel bags of every wrist wrap and belt known to man. They do one show, and then I don't see them again for six months. My philosophy is, you don't train because you want to compete. You compete because you love to train.

JP: Build a foundation for your body. A lot of guys want to jump into unique isolation exercises, when in the early years they should really focus on mastering the basic compound movements and get their joints and tendons used to heavy weights. Master the form and movements of bodybuilding and don't just chase cool new exercises.

LT: Have fun, live a healthy lifestyle and enjoy what you're doing.





M | EXTREME TRAINING

The Big Three Circuit

By Cornell Hunt, CSCS

Use the best compound exercises in one workout to build muscle and burn fat at the same time.

With so many training disciplines out there, it's easy to get lost in the shuffle. Olympic weightlifting has grown in popularity, and now you can find ordinary joes in practically every gym doing snatches, cleans and split jerks in their training regimens. Gymnastic-type movements have also become popular and now handstands and muscle-ups are being included in daily workout programs. All of these styles of training have boatloads of advantages and should be included into your training program depending on your goals and health.

Yet with many different modes of training being introduced or reintroduced to the fitness world, sometimes we forget about the mainstays. The 'big three' lifts (squats, bench presses, deadlifts) are, in my opinion, tried-and-true exercises that will always test a person's strength, power and determination. They are the king of all exercises regardless of what new training technique is implemented in the fitness arena.

Back squat: The basic squatting movement should be programmed into anyone's training program, whether they are an athlete, training for health reasons, or even someone recovering from a major injury. Squats are a fundamental movement that everyone should master. The advanced version of squats is the barbell back squat. When done correctly, back squats not only increase leg strength, but also improve trunk stability, upper-body strength, athletic performance and mental fortitude.

The Mother of All Exercises is not easy for everyone to perform. Due to different limb lengths and body mechanics, some people have problems squatting correctly and to the proper depth. That said, people should have the bare-bones mobility and skill to squat to where their thighs become parallel to the floor. (I have personally trained a seven-foottall basketball player who was able

to do a perfect back squat without putting himself in harm's way.) When you start to introduce back squats into your program, make it a goal to eventually lift at least 1.5 times your body weight. Anything over that number is a great achievement.

Bench press: The standard barbell bench press is the king of all upperbody lifts. Most people believe the bench works only your chest and arms.

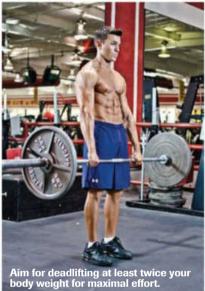
When done correctly using the most effective technique, however, bench pressing stimulates the musculature of your chest, shoulders, triceps, back and even your legs. If you learn to bench properly, you can use your legs to press more weight. Pushing through your lower body and hips helps solidify your base, tightens your torso, and thereby allows you to press more weight. And if you are able to bench more weight,



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EXTREME TRAINING





you increase the strain placed on your chest and your other primary muscle groups being used — which leads to great upper-body development. For the bench press, you should be able to bench your body weight for a few reps, but working up to 1.5 times your body weight and eventually more than that as a one-rep max is definitely a prideful accomplishment.

Deadlift: Both a gift and a curse, deadlifts are often handled fairly well by smaller people since you're technically not supporting the weight but pulling it from the floor. It's also a lift where you see people making considerable gains fairly early when they're added to a training program. Once you master the proper technique, aim for deadlifting at least twice your body weight for maximal effort. If you keep training hard and include some smart accessory exercises (glute ham raises, Romanian deadlifts, hip thrusts), you can add weight to the bar fairly rapidly.



The workout

This workout combines the big three lifts into a smart and manageable circuit-training routine. For best results, you will need three barbells: one loaded on a bench, one on the floor, and another in a squat rack. This could be difficult in a crowded gym, but do your best. (And don't do this workout in your commercial gym at 6:00 p.m. on a Monday.) Set everything up by putting your belt or water bottle on or around the equipment you're saving and get moving. After all, if you do this quickly enough (as a circuit should be conducted), you won't keep the equipment all day.

Load each bar with your body weight and perform the below workout. Take no rest time between exercises. Pause just long enough to move from one station to the next. At the end of each circuit, recover for 60 seconds and repeat. Complete up to 10 rounds of the following:

- 3 reps of bench press
- 6 reps of back squat
- 9 reps of deadlift

The rep scheme should allow you to finish the workout without changing the weights. People who suffer in a

certain lift may find one or more of the big three exercises difficult to handle, but if you have a decent base of strength, you should be able to soldier through. Go ahead and break the set if you hit failure, but perform all the reps.

This workout is a great finisher to your already programmed workout of the day (but cut it back to just a few circuits). And if you're short on time, this workout will get you in and out of the gym quickly, while blasting a ton of muscle fibres and really making you sweat.

Squats, benches, and deadlifts are guaranteed to produce results when done properly and if you have no prior health issues. If you combine these with the scientific results that circuit training produces, you have a recipe for muscle-building and fatburning success.

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains athletes in Fairfield, New Jersey, and is the Xtreme Trainer for MHP. For more info, visit MHPstrong.com







PREDICTIONS 2015

By Lonnie Teper



CRYSTAL BALL SHOWS HEATH STREAK TO CONTINUE

kay, I'm giving another dude a shot to knock off the Swami (that's me, for those hiding under a rock for the past two decades!) and be crowned the 'King of Prognosticators'.

Where did that title come from? Heck, I just made it up now, but sounds pretty impressive, eh? In any case, Dave Liberman is the latest to be given this gracious opportunity to match Mr. Olympia (and the 212 Showdown) wits with yours truly.

As a former competitor himself, a contest promoter, and correspondent for *Iron Man (US)* for years, Liberman is a walking almanac when

it comes to bodybuilding facts and figures.

Two key points to keep in mind before laughing, or crying, at our selections. This column is being penned in mid-June, an entire three months before the big dance at Las Vegas' Orleans Arena. Have you seen many bodybuilders that far out from a show? Hope I don't have to explain that one. And we don't know everybody who will end up qualifying — several major pro shows are taking place between now and Olympia Weekend time.

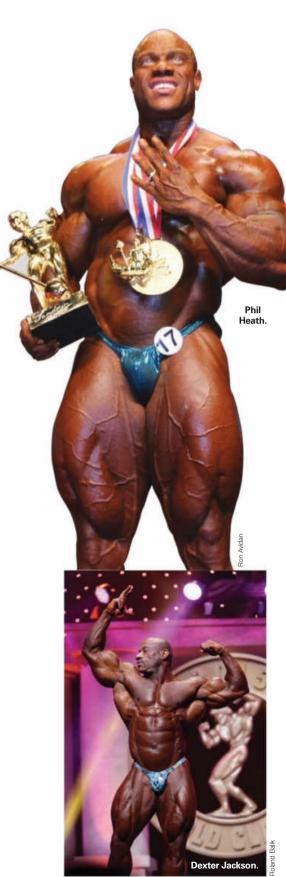
So, without further ado, here's two views on what will go down in Sin City the weekend of September 17–20.



Lonnie Teper



Dave Liberman



MR. OLYMPIA

LT's Picks

1ST: *Phil Heath.* In shape, 'The Gift' won't need one to make it five Sandows in a row. He should know by now going much past 240 pounds (109 kg) — at 5'10" — isn't the route to take.

2ND: Kai Greene. Another runner-up slot for this freak show? Well, if he didn't beat Heath in 2013, when he could have, I don't see it happening now. He has gnarly muscle at 5'8" and around 260 pounds (118 kg), although Greene will claim to be 280 (127 kg).

3RD: Shawn Rhoden. Best symmetry in the line-up. Got huge in off-season with hopes of matching above two in muscularity. Will that do the trick? Not likely, but not impossible.

4TH: *Dennis Wolf.* If he had better calves, Wolf could definitely challenge for the title. At six feet and about 265 pounds (120 kg), Wolf still sports a small waist to go with arena-wide shoulders. A fan favourite.

5TH: Dexter Jackson. The sport's Benjamin Button keeps on truckin'. Taking fifth place last year, the 45-year-old wonder set a new Arnold Classic record with his fifth victory in Columbus, Ohio, in March.

6TH: *Big Ramy.* The might hasn't matched the hype for Mamdouh 'Big Ramy' Elssbiay. Eighth at last season's Olympia, the 5'10", 275-pounder (125 kg) did topple the field at the Arnold Brasil



in May, but he still needs to be sharper to be a contender in a main event.

7TH: Branch Warren. Just when most of us thought Warren had seen his better days, he finishes right behind Jackson at this year's ASC. This true warrior refuses to go away quietly.

8TH: Cedric McMillan. At press time, McMillan was not yet qualified for the Mr. O, but I'm taking a chance here and saying he will. He finished right behind Big Ramy in Brasil. At 6'1" and around 256 pounds (116 kg), he combines size and shape.

9TH: Juan Morel. Keeps improving. His victory over Victor Martinez at the New York Pro in May showed that Morel, 10th last year, is definitely capable of moving up a notch or two.

10TH: Roelly Winklaar. Carries as much muscle, pound for pound, as anybody on stage at about 5'7" and 260 pounds (118 kg) or so. But he is so inconsistent with his conditioning, I have trouble placing him higher than 10th.

X-FACTOR: Steve Kuclo. If Kuclo ends up on the Olympia stage (not qualified as of press time), he could land anywhere between seventh and 10th after finishing ninth a year ago.

Liberman's Picks

1ST: *Phil Heath.* No gifts here. Wins again with near-flawless physique.

2ND: *Kai Greene.* Freaky mass will dominate the rest of the field other than Heath.



Bon Av







3RD: *Dennis Wolf.* Widest man on stage should get the bronze ahead of Rhoden this year.

4TH: Shawn Rhoden. Unparalleled symmetry and shape. Needs to be a tad thicker to win it.

5TH: *Dexter Jackson.* Another win at the ASC this year; another top five Olympia finish.

6TH: *Big Ramy.* Needs to be sharper to finish higher than this.

7TH: Branch Warren. Never count this guy out. Grainy with unreal thickness.

8TH: Roelly Winklaar. Predict much better conditioning at the Olympia, allowing Winklaar to finish in the top eight.

9TH: Steve Kuclo. Not sure if he is competing, but if he is, Kuclo should retain his top 10 finish from last year.

10TH: Cedric McMillan. Has the size and shape. Sharper conditioning could move him up several places.

212 SHOWDOWN

LT's Picks

1ST: *James 'Flex' Lewis*. Lewis was not nearly at his best last year, but he

still won the title for the fourth year in a row. Don't expect him to have that happen two years in a row.

2ND: Eduardo Correa. Second last year, but fell to third at the Arnold 212, with Jose Raymond and Hidetada Yamagishi finishing ahead of him. Could happen again unless he's 100 per cent on his game.

3RD: *Jose Raymond.* Could be second. Shoot, he could be first, although a long shot. He is the thickest guy in the field at 5'4" and 211 pounds (96 kg).

4TH: *Aaron Clark.* I'm predicting his subpar showing in 2014 (sixth) will spur him on to show up in best shape ever.

5TH: *Hidetada Yamagishi.* The Asian Sensation beat both Correa and Clark at the Arnold, but I'm not sure he can do it again.

6TH: *Baito Abbaspour.* Shoot, he finished fifth last year, and I had him higher, so what the heck am I doing putting him one place down from 2014? Capable of a top three finish.*

Liberman's Picks:

1ST: James 'Flex' Lewis. Will dominate again with his outstanding shape and razor-sharp conditioning.

2ND: *Jose Raymond.* Thick as a tank with combo of fullness and hardness.

3RD: *Eduardo Correa*. Will be most conditioned competitor in the field.

4TH: *Hidetada Yamagishi.* Great poser, good size and conditioning.

5TH: *Aaron Clark.* Has it all, and if he dials it in, could press the guys at the top.

6TH: Baito Abbaspour. Lots of muscle, but lacks the shape of some of the people ahead of him. I could be wrong on this one; he's very good.*

So, Liberman and I are pretty much in line with how things will turn out this season. He did bail, however, when I asked for his selections in the other divisions, so I'll go it alone.

MEN'S PHYSIQUE

A really close division, with all the top guys returning. Jeremy Buendia scored the win last year, but can't rest on his laurels with Sadik Hadzovic, Jason Poston, Matt Acton and Anton Antipov all capable of winning the class. I'll go for the upset here, with Hadzovic moving past Buendia to take away the crown. Don't be surprised if Poston and Antipov are right in the mix.

OLYMPIA PREVIEW













WOMEN'S PHYSIQUE

Juliana Malacarne, in shape, is pretty much untouchable here. Malacarne defeated reigning champion Dana Linn Bailey in 2014. I can see Tycie Coppett moving into the second slot this year over Bailey, a social media phenom who might be the most popular athlete on the pro level. Karina Nascimento is also a legit challenger, and Mindi O'Brien and Sabrina Taylor could cause some trouble for the headliners.

FITNESS

Oksana Grishina wins it again. Grishina also won the Arnold Fitness in March and looks like the heavy favourite to repeat. Stunning in performance round and improved physique. I'll put Tanji Johnson, still great at 40, in second with Bethany Cisternino, Regina DaSilva, Fiona Harris, Trish Warren, Myriam Capes and Whitney Jones all battling for a top six finish.

FIGURE

On paper, multi-time champion Nicole Wilkins looks unbeatable, and I'm going with her to nab the crown again. But it may not be as easy as some think. The biggest surprise this year took place at the Figure International in Columbus, where Camala Rodriguez-McClure — 13th at last season's Olympia — stunned everyone with a first-place victory over the heavily favoured Candice Keene. Throw in another sublime Candice Lewis and the likes of Ann Titone and Latorya Watts, and this class may not be the cakewalk for Wilkins as most people think.

BIKIN

Ashley Kaltwasser is on a roll, with back-to-back wins at both the Olympia and the Bikini International in Ohio, but I felt it could have gone either way at last year's Olympia between Kaltwasser and Janet Layug. Layug moved all the way up from eighth at the 2014 Bikini International to the runner-up slot behind Kaltwasser. But with such standouts as Yeshaira Robles, Stacey Alexander, India Paulino and Amanda Latona-Kuclo joining the party, this might not just be a two-way battle for first. I'm going with Layug in what might be the upset of the weekend.

*As this issue went to press, we found out that Baito Abbaspour has been seriously ill with vasculitis and is out of contention for the Olympia.

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M ANTI-AGING

Eating and Aging

By Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

As your age goes up, should your calories remain the same?

Several lines of evidence suggest that caloric intake influences the rate of aging and the onset of associated diseases in animals and possibly humans. An increasing body of clinical research shows that cumulative oxidative damage to macromolecules such as protein, lipids, and DNA also plays a major role in aging. Caloric restriction slows both the degree of oxidative damage and the associated decline in function. In other words, reducing our caloric intake

will likely extend the life of the average human. But strength-training athletes are not average humans. If we want to maintain our fitness long into our 40s, 50s, and 60s, we can't eat 800 calories a day and hope to maintain our muscle mass. And therein lies the problem. Sarcopenia, or lack of skeletal muscle mass, is associated with declining immunity and susceptibility to disease. After all, one's resilience to disease is a direct function of muscle mass.

Whether you're 35 or 65, the number of calories you should be consuming each day varies according to your sex, height, weight, body composition and activity level. It is a well-known fact that body fat increases as we age while muscle mass and bone mineral density decrease. Transitively, there is a reduction in one's basal metabolic rate (BMR) and a tendency to inflate that dreaded spare tire. Such abdominal adiposity stems also from



Whether you're 35 or 65, the number of calories you should be consuming each day varies according to your sex, height, weight, body composition and activity level.

an interrelated hormonal decline, plummeting testosterone levels in men and estrogen in women. Body fat, in particular visceral fat, which clings to your belly and surrounds your organs, releases adipocytokines, or signaling molecules, into the bloodstream, inducing insulin resistance and inflammation, the underpinnings of age-related disease.

So what is the best way to combat age-related physical decline? Adding muscle to your frame. Muscle offsets the natural decline in metabolic efficiency. Muscle tissue is the ultimate metabolic equaliser. Not only does it serve as a glucose sump, extracting sugar from the blood stream, but it also relies heavily on beta-oxidation of fats for cellular maintenance and repair. Muscular recovery after a rigorous strength-training session drives the fat-burning process.

How does this work? First and foremost is the provision of an adequate training stimulus. This acute stressor drives the reparative (musclebuilding) process. Without it, there is

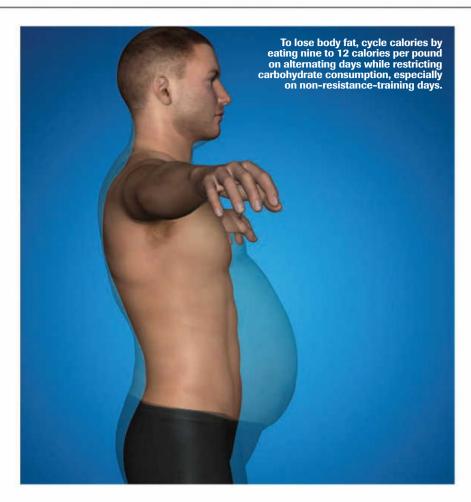
122 / Australian Iron Man www.ironmanmag.com.au no impetus to build muscle. Secondly, muscular growth must be supported by adequate recovery between training sessions and obtaining seven to eight hours of nightly sleep. Third, tailor your diet to suit your needs. As we've written many times, caloric intake regardless of age is reflective of one's goal.

First and foremost, one should understand his or her maintenance caloric requirement, known as your BMR or basal metabolic rate. This value, based upon several anthropometric variables, will quide food intake variation in the context of your fitness goals. If you don't know your BMR, simply utilise one of the web-based calculators. It is critical to enter your 'lean body mass' into the field labelled 'body weight'. Lean body mass (LBM) is your weight minus your body fat. (You will need to get a reliable body fat test done to figure out your lean body mass.) If you use your body weight, the calculator will overestimate your caloric needs, causing you to gain weight. After you determine your BMR, follow these calorie rules:

- Eat one gram of protein per pound (0.45 kg) of lean body mass. For instance, if your LBM is 170 pounds (77 kg), eat 170 grams of protein daily. (170 pounds x four calories per gram of protein = 680 calories of protein a day.)
- Start with 150 grams of carbohydrates daily, regardless of your body weight. This equates to 600 calories of daily carbs. (150 grams of carbs x four calories per gram of carbs.)
- Devote the remainder of the calculated BMR calories to intake of healthy fats.

To gain muscle: Using the numbers derived from the calorie rules, increase both your carbohydrates and protein by 50 grams each. This will grant you an extra 400 calories a day and provide the nutritional substrate for muscle hypertrophy. You may add some body fat during this process, but that will be easy to rectify.

To lose fat: Using the numbers derived from the calorie rules, reduce your carbohydrate intake by 50 grams a day, while leaving protein and fat intake unchanged. This will turn on the fat-burning process by driving insulin levels down.



Daily caloric maintenance can be estimated at 15 calories per pound of body weight. If one is looking to gain muscle mass, 16 to 18 calories per pound is a good start with an emphasis on lean protein and essential fatty acids. To lose body fat, cycle calories by eating nine to 12 calories per pound on alternating days while restricting carbohydrate consumption, especially on non-resistance-training days. How much carbohydrate restriction is necessary to stimulate the fat-burning process? That is a function of one's carbohydrate sensitivity, which is determined through trial and error. So-called 'hardgainers' tend to have low carbohydrate sensitivity, while those who put on weight quickly are more sensitive to carbs.

Goal-based guidelines

Follow these rules to optimise your lean body mass. It does take work and a willingness to experiment. Be patient. Be persistent. The muscle added to your frame will mitigate the effects of the aging process more so than any caloric reduction. The bottom line is, it takes very little money to stay healthy, but it does demand a squat rack and some blood, sweat, and tears.

To maintain your current weight:

Eat 14 to 15 calories per pound. Carbohydrate consumption should depend on your insulin sensitivity; the more sensitive you are, the less carbs you need (or you run the risk of adding body fat).

To lose body fat: Eat nine to 12 calories per pound. Lowering your carbohydrate consumption on nonstrength-training days will temper insulin secretion, driving the fatburning process.

To gain muscle mass: Eat 16 to 17 calories per pound. In general, consume more calories on weight-training days. Carbohydrates should be consumed at a level necessary to put on muscle mass while minimising fat deposition.

WORKOUT

Build up your artillery with this battle-ready routine

"Drop and give me 20," is the sound that echoes around the barracks, followed by the count, "ONE, TWO, THREE..." all the way up to 20. When you think you're done, the drill sergeant yells, "Twenty more for the core!"

The military is where the men are separated from the boys, the strong eat the weak and the small become machines. It begins with push-ups; every man in uniform can push their body weight for serious reps and if you can't, you are forced to until you can.

By Scott McMillan Photography by Jamie Watling



THE MARINE WORKOUT

STANDING BARBELL CURL 4x20, 20, 15, 10 (increasing weight per set)

1. Standing upright, grab the barbell with a supinated, shoulder-width grip. Make sure your elbows are close to your torso.

- 2. Bring the barbell up using only your forearms. Using your elbows as hinges, contract your biceps at the top of the movement.
- 3. Slowly bring the bar back down, making sure to feel the biceps contract as you lower the weight.







NO. 2 STANDING DUMBBELL CURL

4x10, 10, 10, 10 (each arm)

- 1. With a dumbbell in each hand and your elbows close to your body, curl one weight up to shoulder level.
- 2. At the top of the movement, squeeze your biceps and rotate your hand outwards.
- 3. Lower the dumbbells back to the starting position and repeat with the other arm.

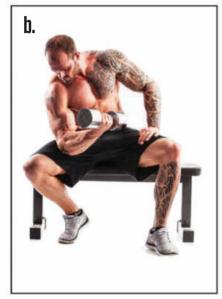


DUMBBELL CONCENTRATION CURL

1. Sitting on the end of a flat bench with a dumbbell in one hand, put the back of your upper arm against your inner thigh

with your palm facing out.

- 2. Keeping your upper arm still, curl the dumbbell up using only your forearm. Squeeze your biceps at the top of the movement.
- 3. Slowly lower the dumbbell back to the starting position and repeat with the opposite arm.

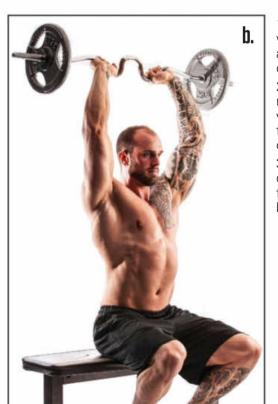




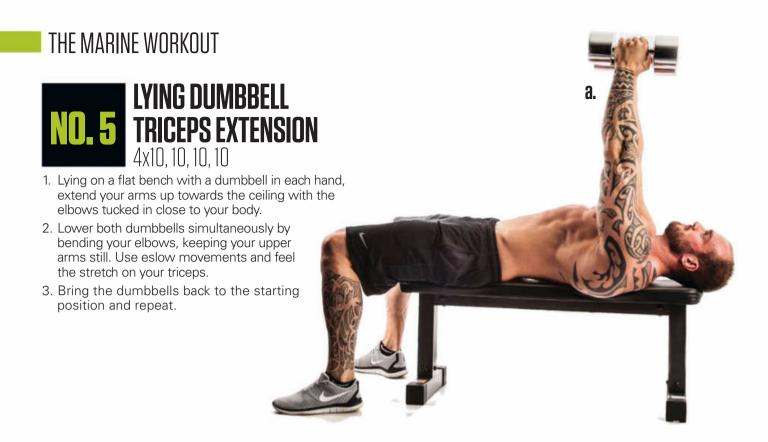


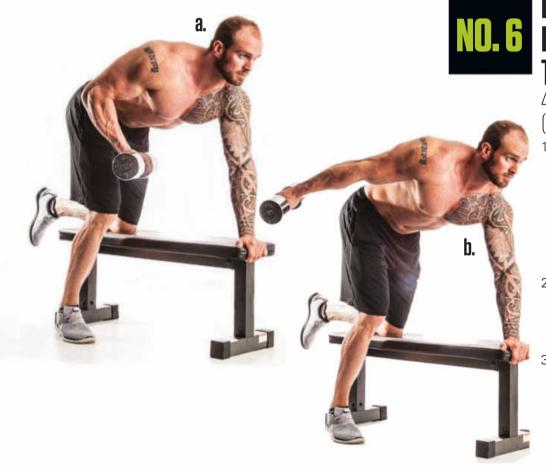
SEATED TRICEPS EXTENSION

4x20, 20, 15, 10 (increasing weight every set)







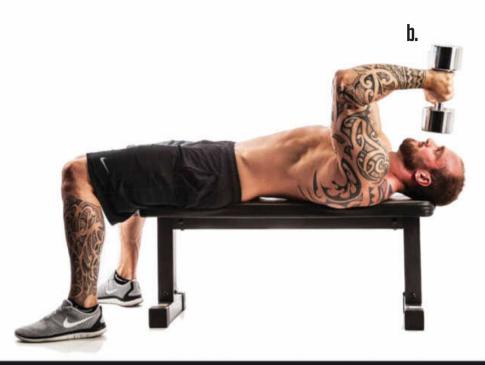


NO. 6 REVERSE DUMBBELL **TRICEPS KICKBACK** 4x20, 20, 20, 20

(each arm)

- 1. Use one hand to support yourself on a bench with your body at a 90-degree angle to the ground. Holding a dumbbell close to your body in your other hand, make an L shape with your elbow, your forearm perpendicular to the ground.
- 2. Extend your arm back, using your triceps to lift the weight. Try to keep your upper arm stationary while only moving your forearm.
- 3. Pause briefly then lower the dumbbells back to starting position, then repeat.

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THE MINUTE YOU HEAR THOSE VOICES, THAT'S

STANDING UPRIGHT ROW 4x20, 15, 10, 5 (increasing weight per set)

- 1. Hold a barbell with a slightly less than shoulder-width grip, with a slight bend in your elbows.
- 2. Lift the barbell straight up until it's just below your chin, keeping your elbows higher than your forearms. Hold at the top.
- 3. Lower the bar slowly back to the starting position and repeat.



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THE MARINE WORKOUT

NO. 8 BARBELL REAR DELT ROW

4x10, 10, 10, 10

- 1. Holding a barbell with a pronated grip, bend over so vour torso is parallel to the floor (or as close as you can manage).
- 2. Pull the barbell towards your chest/midsection by retracting your elbows. Do it slowly and really feel the squeeze on your rear delts.
- 3. After a pause, bring the barbell back to the starting position and repeat.







NOL 9 SIDE LATERAL DUMBBELL RAISE 4x20, 20, 20, 20

- 1. Stand with a dumbbell in one hand, palm facing in.
- 2. Raise the weight until it is parallel, making sure to keep a slight bend in your elbow and your hand slightly tilted forward.
- 3. Lower the dumbbell back to starting position and repeat with your other arm.



Scott McMillan is a retired British Army serviceman and was an All Arms Physical Training Instructor for the Royal Marines. Jamie Watling is a Toronto-based photographer. Check out his work on Instagram @jamiewatling.



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M AT THE MOVIES

Muscle Movie News

By Clint Morris

ARNOLD: 'MY PREDATOR IS THE BEST, CHUCK OUT THE REST'

Arnold Schwarzenegger doesn't know whether he'll be a part of the new *Predator* movie that Shane Black (Iron Man 3) is developing but he's more concerned about getting a Predator movie as satisfying as the first one.

Schwarzenegger, who actually co-starred in the original with Black (who also rewrote much of the 1987 film on set), said in a Reddit Q&A that he wasn't a fan of the seguels that followed his Predator.

"The sad story is that sometimes studios do a great job with creating sequels, and sometimes they really screw it up bad, and it all has to do with greed," he said. "They sometimes want to do it really cheap and make as much money as possible, so they don't hire the right cast or the right director... So far, no Predator...has been satisfactory to the audience."

The new *Predator* is said to be a direct sequel to director John McTiernan's classic, so there's a definite possibility that Schwarzenegger could return. We



CODY WALKER. MOVIE STAR?

Paul Walker's brother Cody has been cast in his first significant film role after helping Universal finish shooting Furious 7 after his late brother's untimely death. Walker has nabbed a major supporting role opposite Nicolas Cage in USS Indianapolis: Men of Courage.

Mario Van Peebles (New Jack City) is directing the film about Captain Charles McVay (Cage), the commander whose ship was torpedoed in the South Pacific in July 1945 after delivering parts for the first atomic bombs. The crewmen who didn't die in the initial blast were forced to wait four days for rescue, most dying of dehydration, saltwater poisoning and shark attacks. Walker plays one of the navy soldiers. Tom Sizemore, Thomas Jane, Matt Lanter and Brian Presley co-star.



DOUBLE THE FLASH

As teased at the end of Season 1, original 'speedster' Jay Garrick will pop up on The Flash in its second season. Teddy Sears (Masters of Sex) has been cast as the hard-hat wearing incarnation of the character, introduced in the comics back in the '40s. In the next batch of episodes, Jay is a mysterious figure who arrives in Central City to warn Barry Allen (Grant Gustin) and his team at S.T.A.R. Labs of an impending danger that he alone cannot hope to stop.

"Having Jay Garrick come onto the show was one of our earliest ideas," executive producer Andrew Kreisberg said in a statement. "It is so exciting, as we rush into season two, that we finally get to bring the Crimson Comet to life. We couldn't imagine anyone more suited to play the original Flash than Teddy."

And if two incarnations of The Flash isn't enough, Wally West will also be dropping by at some stage.



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THE BUCK STARTS HERE

Don Murphy (*Transformers*) is one of the producers behind a newly announced version of science fiction classic *Buck Rogers*. Murphy's Angryfilms are set to bring *Armageddon 2419 A.D.*, the original Buck Rogers tale that was written in 1928 and originally appeared in *Amazing Stories* magazine, to the big screen.

Philip Francis Nowlan's original story sees "Rogers, who — while investigating a mysterious gas leak and then getting trapped — is held in suspended animation, where he survives for just short of 500 years. He awakens on an Earth that is caught in a futuristic civil war, with the remnants of the United States battling both futuristic Soviets and Mongolians." Flint Dille (whose family owns the rights to Buck Rogers) and Ed Neumeier (the original RoboCop) will write the movie.



BATFLECK RIDES AGAIN

Warner Bros has confirmed recent reports that Ben Affleck would reprise his Batman role (from the upcoming Batman v Superman: Dawn of Justice) for a standalone film called The Batman. While previous reports suggested Chris Terrio would be writing, WB now has Affleck himself writing the script alongside DC Comics vet Geoff Johns. The script could be turned in as early as this month, before Affleck starts work on his next directorial effort Live by Night. No word on when the film will get going, let alone released, but it's quite likely still a couple of years





GREEN LANTERN...AGAIN

During their presentation at Comic Con in July, Warner Bros announced that its upcoming *Green Lantern* reboot will be titled *Green Lantern Corps* — effectively confirming recent rumours that the movie will feature a couple of incarnations of the character, including Jon Stewart and Hal Jordan. The studio didn't confirm recent rumours that Tyrese Gibson and Chris Pine, respectively, were up for those roles, though.

Ryan Reynolds played Jordan in the last *Green Lantern* movie, a notable flop.

EIGHTIES TEAM-UP

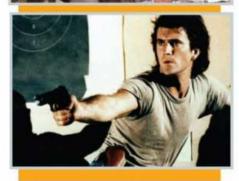
Eighties action heroes Mel Gibson and Bruce Willis are teaming up. Gibson will serve as the art director [Uh, what? — Ed] on Xiao Feng's 3D war movie The Bombing, a \$65 million Chinese production that stars Willis.

Producer Dr. Shi Jianxiang, founder and CEO of Shanghai Kuailu Investment Group, invited Gibson to be involved in the production. "Mel is interested in what happened during that period of time, and provided relevant suggestions on how to make the movie. He is very insightful," he said.

Gibson, who last appeared in *The Expendables 3*, said, "*The Bombing* has an excellent world-class team with outstanding producers, directors, cast and crew. Our crew is marvellous, modest but enthusiastic. It has been a very interesting experience filming this movie...I am grateful to have such opportunities to express my thought no matter how much I have contributed to the movie."

The movie "chronicles the bombing of Chongqing by the Japanese Air Force during World War II, and portrays the hardship suffered by Chinese people at that time," according to the outlet.







AT THE CINEMA

ANT-MAN (Disney)

What could've been a huge misfire (and let's admit it, after original director Edgar Wright left the project most of us expected it to be!) is instead a tiny triumph.

While most of Marvel's most recent crop of superhero flicks — including the recent Avengers sequel, which lacked the laughs of its predecessor — have worn such serious, stern faces [Not compared to D 'No jokes' C — Ed], Peyton Reed's Ant-Man puts giggles first — and what a refreshing change it is.

Comedy staple Paul Rudd (*I Love You Man, This is 40*) is perfectly picked as the title character, a quick-quipping, low-time crook who inadvertently finds himself wearing a super suit that allows him the ability to shrink to the size of a nail. The shrinking ability comes in handy when the suit's previous owner (an aged but still commanding Michael Douglas) requires his surrogate to

take down the evil corporation who are developing similar technology for themselves.

There's definitely some great fight sequences, and typically great effects, but at the core of *Ant-Man* is a tale that's light, amusing (you've never laughed this hard in a Marvel movie before!) and even quite sweet.





AT HOME

CHILD 44

(Fox)
Tom Hardy, Gary
Oldman and Noomi
Rapace star in
this complex and
mostly forgettable
drama (which took
about two bucks at
the US box office,
explaining why
it's going direct to
DVD here) about a
disgraced military
policeman who
investigates a



series of nasty child murders. Set in the Stalinist Soviet Union, Hardy plays Leo Demidov, the idealistic pro-Stalin officer who uncovers the shocking truth behind the crimes of a serial killer who preys on young boys. Demoted and exiled by the state, Demidov pursues the case with the help of his wife (Rapace), ultimately discovering a cover-up so vast it threatens the entire system.

This should've — and could've — been a lot more enthralling than what's on offer.

ARROW: THE COMPLETE THIRD SEASON (Warner Bros)

Starling City saviour Oliver Queen aka Arrow comes upon the nastiest foe he's ever encountered (and he's encountered quite a few!) in this fun, but very serious (need.more. humour.Arrow), third season of the TV hit. When the powerful and seemingly unstoppable Ra's al Ghul (Australia's Matt Nable) enters Oliver's life, seeking vengeance, everyone in the usually unshakeable hero's life is affected. This season, heroes are forced to be smarter and more cunning than they've ever been, enemies are forced to put aside their differences to protect the city and people they love, and a nerdy scientist becomes...The Flash!



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ENTOURAGE (Roadshow)

Vince, Eric, Turtle, Johnny Drama... the *Entourage* boys are back! But if you're expecting anything other than a film resembling a rather long episode of the TV show you'll be rather disappointed. Just as the *Sex and the City* movies were essentially elongated eps of the HBO hit, made primarily for fans of the show, so is *Entourage*, whose appeal will be completely lost



on anyone who has never seen the show before.

When Vincent Chase is offered a film role by his former agent, now Studio boss, Ari Gold, Vince agrees on the condition that he can also direct the movie. Making his directorial debut on the project, Vince goes way over budget, forcing Ari to go to Texas to try and wheedle more funds out of the film's backers. But before they will hand over the funds, the producers want to see the rough cut, ultimately giving the filmmakers some problematic notes of their own.

The original cast returns for the film, which boasts cameos from some of Hollywood's biggest stars including producer Mark Wahlberg, Jessica Alba, Piers Morgan, Mike Tyson and many more [Sure, 'biggest stars'... — Ed].

THE NIGHT SHIFT: SEASON ONE (Universal Sony)



Newbie series *The Night*Shift fixes on the busy staffers of a San Antonio hospital who work the late shift in the emergency room. As opposed to ER, *Grey's Anatomy* or any other recent medical series, this one's got a really unique setting: It's Texas, so there's not only a rather distinct world

outside of the automatic doors but the type of patients that come in aren't the type you'd usually see stumble into Seattle Grace or Chicago Hope.

Much like many of the doctors on hand (who were stationed in Afghanistan), a lot of the patients that come in are returnees from war; interestingly, it's the psychological scars of war, rather than physical, that the docs seem to be mostly treating.

The Night Shift is a bit hit and miss. While it definitely has its moments, and the cast are all quite good, it's also entering a television landscape that's clogged with hospital dramas and, unfortunately, most of what's on offer here we've seen before.

THE VAMPIRE DIARIES: THE COMPLETE SIXTH SEASON (Warner Bros)

Season five started rather optimistically for Elena (Nina Dobrev) — she had a lovely, hot summer with beau Damon (lan

Somerhalder) — but ended in a much less pleasurable place.

This season is set nine months after Damon and Bonnie made the ultimately sacrifice in order to bring back their friends. After spending the past four months coping with the loss of Damon in an

unconventional and potentially dangerous way, Elena has returned to Whitmore College for the start of her second year at college. Meanwhile, Caroline, unable to move on, is determined to lift The Travelers' anti-magic spell on Mystic Falls.

It isn't long before we learn Damon and Bonnie's location, with Caroline and Enzo soon embarking on a mission to rescue them.

There's a few new faces this season, including a militia leader (Colin Ferguson) and a tough doctor at the university hospital (Jodi Lyn O'Keefe).

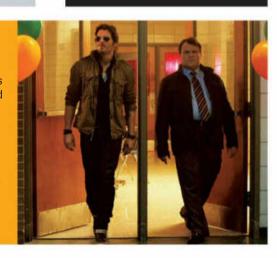
THE D TRAIN (Universal Sony)

When Dan Landsman (Jack Black) organises a 20-year high school reunion, there's just one problem: no one wants to come. But if Dan can convince Oliver Lawless (James Marsden) — the most popular guy in his graduating class, now a Hollywood success story — to attend the reunion, surely everyone else will flock to the event.

On a mission to make his reunion a success and to finally be the cool guy for once in his life, Dan travels

from Pittsburgh to LA and spins a web of lies to recruit Lawless. But things go awry when Lawless begins to take over his home, his career and his entire life.

The D Train is pretty much what you'd expect given the cast — but nothing wrong with that. Black and Marsden mightn't have uber range, but they do what they do rather well. This isn't their finest hour (or two), but it's a worthy addition to their extensive filmographies.





M BODY CONQUEST

Building Strength and Proportion

By Ingrid Barclay

Use the heavy basics to build up your strength and aesthetics.



Q: I've hit a plateau with my deadlift. I am not really progressing as well as I would like and am really having trouble adding any more weight to my lift. What would be your best suggestion?

A: Continual improvement of your deadlift poundages is important to keep increasing in overall strength and building of muscle in the lower back, middle back, quads, traps, glutes and hamstrings. They will also help with forearm and grip strength. If you have exhausted all the basic tips of form and you still can't get the bar off the ground, why don't you spend a four-to-six week block performing deficit deadlifts?

Swap your conventional deadlift with a deficit deadlift for a short period of time. This will recruit a lot more of the posterior chain and

quads, and really increase your range of motion quite dramatically.

Here's how to do a deficit deadlift: Set up a small platform in your deadlift area. If you don't have a block to stand on, you can use the 25 kg weight plates. Your feet would usually be about hip width. Continue to use a strongman/ mixed grip (one hand over the bar, one hand under) if you already do so with your conventional, especially on your heavier sets. To perform this lift safely — some strength and conditioning coaches do not advocate this movement due to safety reasons — the main thing you need to ensure is maintenance of a neutral or arched lumbar spine.

When you do deficit deadlifts, they put you at a biomechanical disadvantage, so you are going to get stronger throughout the whole range of the lift. So when you go back to performing your conventional, you are going to feel a lot stronger through the whole movement — in fact, they will seem much easier. This would be my first port of call to blast through your deadie plateau. Give it a try.

Q: What are your thoughts on dabbling in some one-tothree rep range resistance training and how would I be best to incorporate this into my regular bodybuilding routine?

A: Look, since my debut into powerlifting, this has certainly highlighted the advantages of doing some power-based training, even if you are primarily a bodybuilder. You could, once every six-to-eight weeks,

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dedicate a two-week block of training to lowering your rep range to sets of threes, twos and one-rep maxes. This two-week 'mini strength-building phase' will not only build your strength, but will increase your tolerance for heavier weight when you return to the six-to-12 rep range. In essence, upon returning to a hypertrophy range of, say, six-to-15 reps, you will not only have more strength to push greater weights, but you will have much greater confidence and experience with really heavy poundages, which can be parlayed into greater size. This is especially beneficial for your chest, back and legs.

When you do deficit deadlifts, they put you at a biomechanical disadvantage, so you are going to get stronger throughout the whole range of the lift.

Q: I really need to improve my symmetry and proportion. I am actually reasonably balanced, a far cry from an orange upper body and toothpick legs. I have always trained my legs, but they still lag behind my chest, delts, back and arms. I would really like them to be more evenly matched. This has always been the case and I have always tried to train legs hard to stimulate maximum growth but I feel really charged right now to nail it once and for all. Over the past six months I have gone back to the basics, hitting my legs with squats, leg presses, leg extensions, stiff-leg deadlifts, lying leg curls and some form of calf raises once a week, allowing maximum recovery. Where would you go from here?

A: This is a question quite close to my heart! I have the same problem actually, so I feel like I am in a really good place to dispense exactly what my plan of attack would be. HOWEVER, you are going to have to take a deep breath and be really committed and patient, OK, because I know you have already been working on this over time...but it's





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M BODY CONQUEST



going to take a bit longer to learn how you best respond and grow.

Truth is, this is a chromosomal hill you are always going to have to climb; if your legs lag, they are likely to always lag, that's the truth of it, but you can do you best to bring them up to speed. We as humans are always functioning at our best when we are on a path to selfimprovement, including the physique kind. So I will lay out a six-month plan of attack, as that is about the shortest amount of time to work with enabling some kind of meaningful assessment.

The first thing that I would do is switch to a two-day attack on legs. Let's break it up into a heavy set day with lower reps and then a higher rep, lighter weight day on your second day. And let's keep the workouts three days apart to allow for maximum recovery time. No need to get fancy; I think you have been making the right choice with exercise choices and sticking to the basics.

Now the very first thing to do is to get your body fat tested and get someone to take a tape measure of the circumference of your quads and calves (and also hips,



BODY CONQUEST

if you wish). Record your measurements somewhere where you will not lose them, as this will be very important in assessing how to continue training your legs on an ongoing basis. Finally take some photos, front, side and rear. For your workout, I would recommend the following (after some warming up):

Day 1 (Heavy)

Squats

4 sets of 6-10 reps

Leg Press

4 sets of 6-8 reps

Split Squats

3 sets of 8-10 reps

Leg Extensions

3 sets of 6-10 reps

Romanian Deadlifts

4 sets of 6-10 reps

Seated Curls

4 sets of 6-10 reps

Calf Press

4 sets of 6-10 reps All performed with a full range of motion and good form for as heavy as you can.

Day 2 (Light)

Squats

5 sets of 12-15 at 70 per cent of your working weight on your heavy day

Hack Squats

3 sets of 12-15

Travel DB Lunges

3 lengths, 15 paces each leg (use straps to hold the dumbbells or use a bar)

Single Leg Press

2 sets of 15-20 reps on 40 per cent of your heavy day leg press weight

Lying Leg Curls

4 sets of 15 reps

One-Leg Kneeling Curls

4 sets of 12-15 reps

Single DB Calf Raises

4 sets of 12-15 reps

After you have finished this three-month block of training, you will need to do a couple of things. Firstly, you should take your measurements again and record your results. Write them in a safe place. Next, take a week off your weight training or do a deload week.

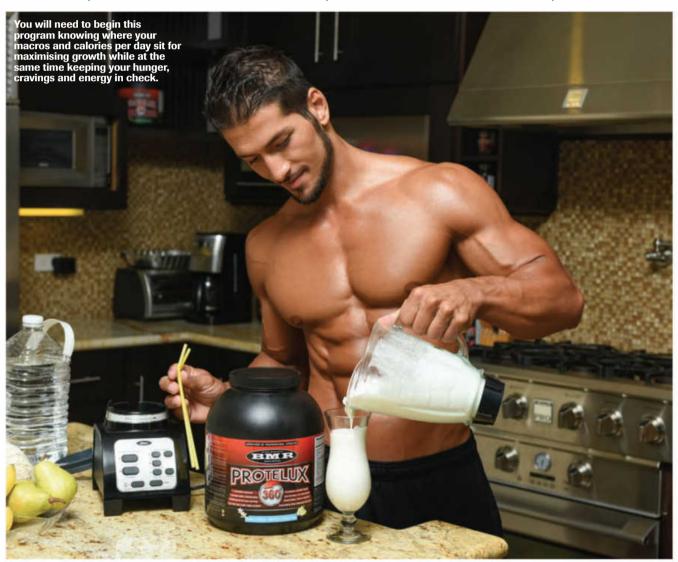
Then you commence your next three-month block, and this time the main variable we are changing is frequency, although there are also additional exercise changes.

So this block will look like:

Day 1

(After some warming up) Squats

4 sets of 6-10 reps



M | BODY CONQUEST



Leg Press

4 sets of 6-8

Split Squats

3 sets of 8-10

Leg Extensions

3 sets of 6-10

Romanian Deadlifts

4 sets of 6-10

Seated Curls

4 sets of 6-10

Calf Press

4 sets of 6-10

All performed with a full range of motion, good form for as heavy as you can.

Day 2

Squats

5 sets of 15-12 at 70 per cent of your working weight on your heavy day

Hack Squats

3 sets of 15-12

Travel DB Lunges

3 lengths 15 paces each leg (use straps to hold the dumbbells or use a bar)

Single Leg Press

2 sets of 20-15 reps on 40 per cent of your heavy day leg press weight

Lying Leg Curls

4 sets of 15 reps

One-Leg Kneeling Curls

4 sets of 15-12 reps

Single DB Calf Raises

4 sets of 15-12 reps

Day 3

Squats

4 sets of 8-15 (pyramiding up in weight and down in reps with each set)

Squat Lock-Outs

3 sets of 6*

Barbell Step-Ups

4 sets of 12 (each leg)

Sissy Squats

3 sets of 15

Stiff-Leg Deadlift

4 sets of 8-12 (pyramiding up in weight and down in reps with each set)

Lying Leg Curls

3 sets of 8-10

Seated Curls

3 sets of 8-10

Donkey Calf Raises

4 sets of 12

Standing Calf Raises

4 sets of 6-12 (pyramiding up in weight and down in reps with each set)

*Note: Your squat lock-outs first set should begin at about 20 per cent over your heaviest working weight of normal squats.

Now you should take your measurements yet again and record your results. Write them in a safe place. Re-take your photos. Then it's time to assess the first three months against your results of the second three months. This is a great opportunity to not only look

at your measurements but also your strength gains. Did you continue to get stronger? Lift more? How was your recovery? Do you feel more 'conditioned'? Look at your photos: can you see visible improvements?

Now, here's the kicker, which is why you need to be committed and seriously want to try to determine what's best for YOUR body in terms of leg growth: I want you to eat the same foods, the same macros and the same calories for the whole six months (save for any medical/ health issues that might come your way). And also, stick to the same supplement regime too!

So you will need to begin this program knowing where your macros and calories per day sit for maximising growth while at the same time keeping your hunger, cravings and energy in check. This may sound a little daunting at first but I guess this is what the 'athlete mentality' is. There are actually hundreds, if not thousands, of people who eat this way, day in and day out.

My primary reason for advocating this regime is because we are attempting to remove as many variables as possible to more conclusively decide that the frequency variable was the cause or certainly the major cause of any leg growth. It's easy to attribute lean mass growth to one thing when it was really caused by something different altogether. On the surface it seems to make total sense that A occurred, then B occurred, therefore A caused B. For example, in terms of fat loss you might take a 'fat burning' pill and suddenly the body fat starts to come off, and therefore you believe the cause of your fat loss was the pill! This fails to take into account that we tend to make muscle gain changes in clusters and other things may have caused or contributed to the gains. This is what I am attempting to eliminate as best I can. Give it a crack and let me know how you go. O



Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than

two decades, the author of Go Figure and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through ingrid@bodyconquest.com.au

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BODYBLITZ

Little by Little

Steve Little realised his lifelong love affair with fitness needed a reboot. He entered the BodyBlitz Challenge to recharge and finished with his ultimate goal.

For around 20 years or so now, I have been involved in fitness, whether as an instructor or as a client. Over the past few years now, with age getting up on me, I knew I needed to do a little more. I am a PT by trade and my wife and I are in the midst of opening our own fitness club here in South Australia, TREND Fitness. With this going on at the same time as being involved in a 12-week challenge, it made for a very bumpy journey.

With the new gym in mind, this was my main motivator to get myself back to the lifestyle that I once followed religiously. It is surprising how quickly you can drift off course without really noticing until you take a long, hard look at yourself in the mirror. It is very hard to lie to yourself! Looking at what I had done to my body made me feel quite sad, really, as I thought that I was quite fit still. I still attended the gym three times a week, I still ran 10+ km a couple of times a week and felt pretty good. But deep down, I really felt like crap and was lying to myself for way too long. So I decided to take my own advice that I so often give to others and get my shit together and do something about how I look and feel.

I began training five-to-six days a week for an hour to an hour-and-a-half at a time and sticking to a calorie-controlled meal plan. This was not a diet but a healthy food lifestyle change — but it was extremely taxing on the mind and the body. Not to mention getting up early each day to complete training, then work, then cardio in the afternoons, then help around the house and getting kids sorted plus prepping the meals and lunchboxes for the next day to ensure I stayed on the right track.

Having the 12 weeks to go by gave me a timeline, a schedule to meet, and one I did not want to make a mess of. I do not like to fail, so this had to work, no questions asked. From the beginning I set my calories to around 3000 per day, as I was training hard, and my work was arduous enough to handle those calories. After four weeks I reduced the total to 2200 calories,

with an increase in protein and a reduction in carbs. At the eight-week mark I reduced the calories again to 1600; this was at the level where I really noticed the kilos coming off. Then, for the last two weeks, my caloric intake was at its minimum and was around 1200-to-1300 per day.

I feel that I have accomplished what I was after. I am very happy with the outcome but as per most people, I would like to see even more improvement, especially around my stomach, which is close to having exposed abs for the first time since my army days at 19. As this was a lifestyle change, not a fad or a diet, this is very much sustainable and to be able to maintain what I have achieved is the ultimate goal. I am glad that we took the challenge and inside I am a winner either way, but thank you to the BodyBlitz Challenge and Australian Iron Man for getting me off my butt and doing something about it.



MY MEASUREMENTS		
	BEFORE	AFTER
Height	173 cm	173 cm
Weight	89 kg	80.5 kg
Chest	117 cm	114 cm
Waist	95 cm	83.5 cm
Calves	39 cm	35 cm
Arms	42.5 cm	40 cm
Thighs	61.5 cm	58 cm



144 / Australian Iron Man

SAMPLE WORKOUT

My basic training plan was weights in the morning and cardio in the arvos. I stuck to a standard regime of:

Monday/Thursday:

Chest, tri's and bi's

Tuesday/Friday: Back, shoulders and calves

Wednesday/Saturday: Legs and core

Sunday: Rest

[Each off-day I also completed a small circuit of core exercises at the end for 10 minutes.]

Cardio sessions were generally very simple and done daily. They were 30 minutes long, broken down as follows:

12 minutes treadmill at 20 km/h (20 seconds on, 40 seconds off)

5 minutes X-trainer (15 seconds flat out and rest for 5 seconds)

5 minutes X-trainer (20 seconds flat out, 40 seconds rest)

5 minutes StairMaster at 130 steps per minute for 5 minutes

3 minutes treadmill 6 km/h walk to cool down

The cardio did not vary too much and I found it was enough. At times I would substitute this for getting outside on my mountain bike and do a 21 km track in one hour.



SAMPLE MEAL PLAN

My meals at the end consisted of:

Breakfast:

1 whole egg and 3 egg whites scrambled Flat white coffee with a dash of skim milk and no sugar Protein shake

Snack:

Protein shake Low-carb protein bar

Lunch:

150g chicken breast grilled 2 cups of steamed broccoli

Arvo snack:

Protein shake 95g tinned tuna

Dinner:

150g white fish, baked or grilled with herbs 2 cups broccoli, steamed

Bedtime:

Protein shake

This was an average day of food and daily changes consisted of the meat of main changing from chicken to eye fillet or fish etc. The only other vegies that I ate were sweet potato and also brown rice for carbs.









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Ebony

Photography by Charlie Suriano

How did you come to be in the calendar?

It has always been a dream to one day be in such a sexy yet classy calendar and with my amazing cousin Kristal Hammond, who has been in the calendar years before this, it was only fair to keep the torch shining in the family.

Where do you hail from?

I hail from a country town called Mandurah, WA.

Tell us a joke or a funny story.

I was doing a photoshoot on the beach a few years back and my bikini top flicked right off in front of everyone; it almost wacked the other model in the eye! Note to self: tight is not always right [laughs].

What did you want to be when you grew up?

A sports teacher.

You obviously keep yourself in great shape. Tell us about your fitness routine.

I love wakeboarding, circuit training, lifting heavy, surfing, rock climbing, sky diving, Pilates and yoga.

What's your favourite exercise? Squats.

What's your least favourite exercise? Burpees.

Do you prefer weights or cardio or do you change it up?

I love weights. But cardio is fun in very short spurts [laughs].

Have you ever competed or considered competing in a bodybuilding/fitness comp?

Yes, I've competed in IFBB 2014 and 2015. In 2014 I placed second in the state for the Arnold Classic and qualified for nationals in NSW.

Are you strict about your diet or are you a sucker for the bad stuff? Do you have a nutrition plan?

I love to stick to a diet plan as this helps maintain my energy in the gym and throughout the day. However, I always allow a treat at the end of the week when I've been a good girl.

Do you use supplements?

Yes, green tea, glutamine, multivitamin, fish oil and probiotic.

What is your favourite male body part?

Abs and shoulders.

What is your own body part that you like the best? Booty and shoulders.

What advice would you give to someone wanting to start out in the modelling and fitness industry?

Stay around those who support you and make you happy. Don't take things to heart, stay strong and remember that everyone has to start somewhere. Don't give up!

When you get the opportunity to have some time to yourself, what do you usually get up to?

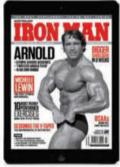
I love to read, wakeboard, skate, cook or bake. I love to make raw healthy treats.

Who is the person you admire most from the fitness world? Who is your hero?

I love and admire a lot of girls around me here in Perth, WA. Celebrities come and go and most of it is social media-driven. I love real girls who get sweaty, no make up and show badass hard work. However, if I had to choose someone it would be Emily Skye. She has really inspiring posts on social media and talks about everyday life.

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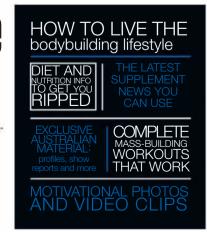








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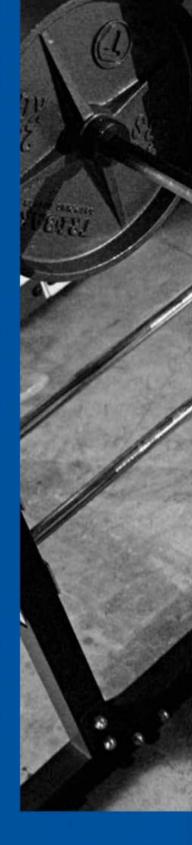


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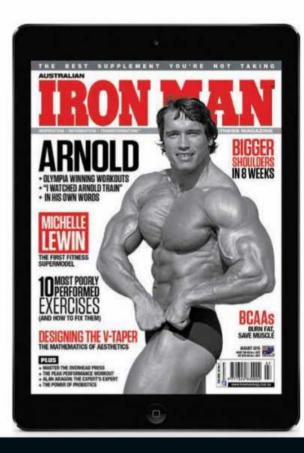


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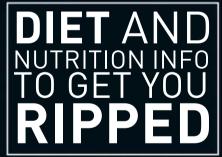
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IRON MAN INTERACTIVE

V-DAY

I loved the article 'Building the Mega-V' in the last issue. It is exactly what I am looking for in a workout: smart, to the point and informative about a goal that I am interested in. It speaks to what I am trying to do in the gym. I've already started to add some



of the exercises into my workout. My only complaint is that it could have been even longer and included more info.

- Dylan R, via email

MICHELLE INSPIRES

I had never heard of Michelle Lewin before the last issue of *Iron Man*, and now I can't stop looking at her. Her photos are so amazing. She has become my inspiration. I have never seen a better combination of muscle and femininity. Strong really is the new sexy. Her body is exactly what I aspire mine to be. I now follow her on Instagram and it has motivated my workouts like nothing else.

- Beth S., via email



EXPERT LOVE

Mixing it up with Athletic IQ in *Iron Man Magazine* DOWN UNDAH!!!

> — Alan Aragon, via Facebook.



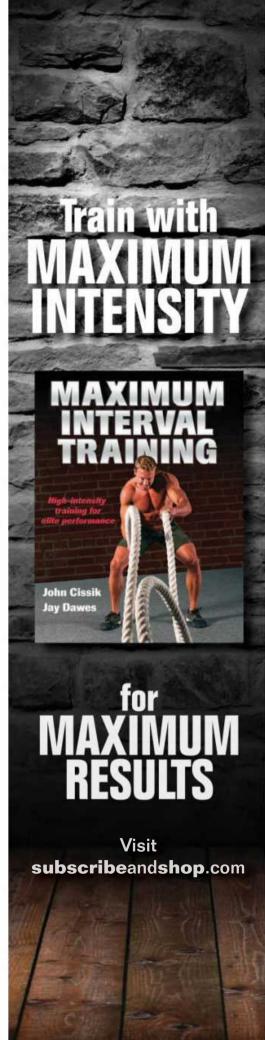
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Don't forget to tag us or use the hashtag #ausironmanmag when you're talking bodybuilding, fitness or anything you like on social media.

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WHAT'S NEW

High Octane

Eden Health Foods

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never experienced before without any caffeine, comedown or negative side effects, get stuck into High Octane today.

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your lean muscle growth further. Available in a range of delicious all-natural flavours that are guaranteed to satisfy even the most meticulous bodybuilder. Step up to the next level and supercharge your muscle growth with UPROTEIN 100% Whey Hydro+Enzymes.

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Bulk Nutrients

Bulk Nutrients' delicious Whey Hot range of drinks are a blend of whey protein and casein, making it a perfect slow-release protein source during the evenings, right when prolonged absorption benefits are sought. They contain over 20g of protein per serve and can be used any time of the day.

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Quick Protein Pancakes

Bulk Nutrients

Bulk Nutrients have released a brand-new pancake mix. Just add water, mix and throw in the pan. Quick Protein Pancakes deliver 40g of protein per 100g serve with less than 5g of fat. Using wholemeal flour, coconut flour and a blend of protein sources, including whey and casein, Bulk Nutrients Protein Pancakes are wholesome yet delicious.

If you are looking for a nutritious, convenient treat without guilt, then these pancakes are ideal.

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UPROTEIN Mass Gainer Pro-800MCT takes your mass gain to the next level with nutrient potencies you can depend on and

a range of real-taste flavours that are absolutely delicious. Specially formulated to support hard training, each serve with milk packs a huge 800 calories, ensuring your body is super fed and primed for super growth. Delivering more protein, more quality carbohydrates and more amino acids, the UPROTEIN Mass Gainer Pro-800MCT is expertly made to make you more muscle.



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D-Aspartic Acid

Gen-Tec

Basic functions of D-aspartic acid: natural testosterone and male support.

Aspartic acid is an amino acid found abundantly in neuroendocrine tissues, which is proposed to serve a primary purpose of increased testicular steroidogenesis (Ota, Shi, & Sweedler, 2012). Within the bodybuilding and fitness industry, D-aspartic acid is commonly supplemented with the intent of increasing circulating testosterone levels or the initiating hormones that stimulate the testes, such as luteinising hormone.



A study published in *Reproductive Biology and Endocrinology* reported that D-aspartic acid may increase luteinising hormone and testosterone through various second messenger systems on the pituitary gland and leydig cells of the testis (Topo et al, 2009). Its use within resistance-training individuals and bodybuilders may provide a regulatory role within the hypothalamic-pituitary-gonadal axis, resulting in the release of hormone intermediates and therefore an improvement in spermatogenesis.

For more information, visit www.gen-tec.com.au

GPLC

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Basic functions of GPLC (glycine propionyl L-carnitine): supports NO production, reduces lactic acid and oxidative stress.

Carnitine has two major forms, (1) being the acetyl-L-carnitine (ALC) form and (2) being the propionyl-L-carnitine (PLC) form that, when glycine is bonded with PLC, produces GPLC, which has a very high affinity for the skeletal muscle in terms of its ability to enter and assist with reducing oxidative stress. This molecule is proposed to improve nitric oxide metabolism, leading to enhanced anaerobic performance and reduced oxidative stress.



As carnitine is a powerful mitochondrial antioxidant, the combination with glycine and a propionyl tester results in overall improved mitochondrial efficiency during energy production (Bloomer & Smith, 2009; Diaz-Flores et al., 2013). Therefore, the use of GPLC may increase anaerobic power and reduce the oxidative stress load as a result of intense exercise.

For more information, visit www.gen-tec.com.au

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per cent protein, 0.5 per cent fat and 0.7 per cent carbs. As it is a pure product, free from flavours and sweeteners, the taste is very bitter and takes some getting used to. However, the results you get from it are fast and worth it.

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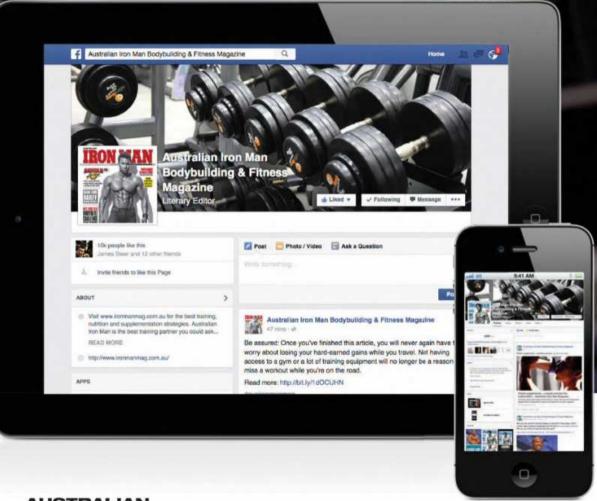
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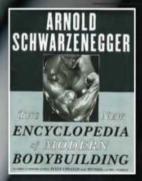


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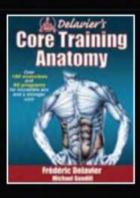
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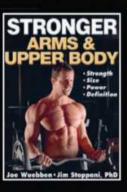
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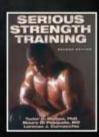


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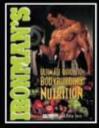
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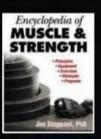


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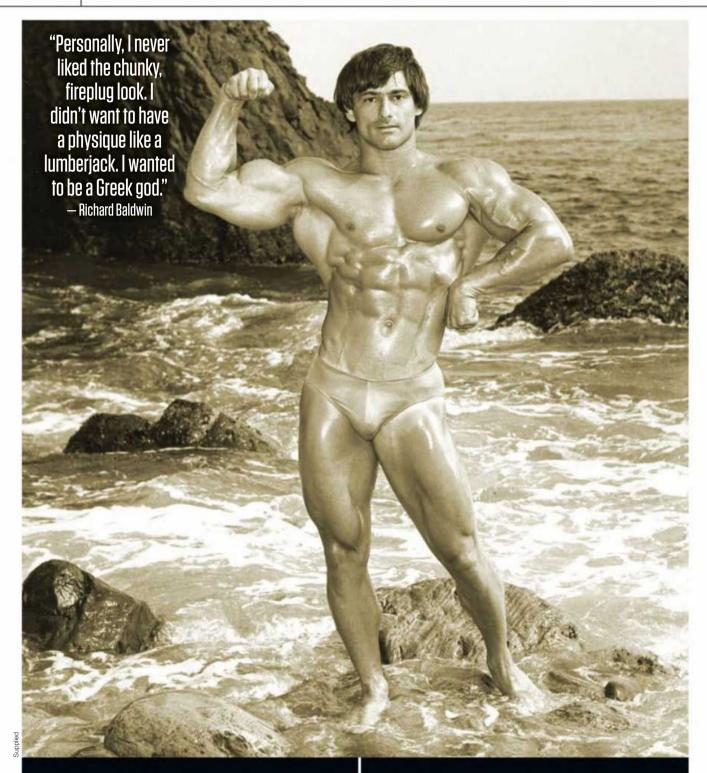


IM 2015 CALENDAR OF EVENTS

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
August	22	North West Titles	Tambrey Centre (Karratha)	WA	0403 165 496
September	5	INBA Natural Universe	Austin, Texas, USA	VVA	0418 166 790
September	5	West Australian State Championships	Kingsway Indoor Stadium	WA	0403 165 496
September			Convention Centre	WA	0403 165 496
•		West Coast Super Show Titles			
September		West Coast Super Show Pro Qualifier	Convention Centre	WA	0403 165 496
September	13	South Coast Classic	Shellharbour Workers Club	NSW	(02) 9633 2661
September	19	North Queensland Championships	Townsville Entertainment Centre	QLD	0490 078 844
September		SA State Titles		SA	(08) 8373 0735
September	20	Victorian State Titles		VIC	0402 555 505
September	20	Tasmanian State Titles	Albert Hall, Launceston	TAS	(03) 6223 6028
September	20	ACT Championships	National Convention Centre	ACT	0403 147 999
		NABBA/	WFF www.nabba	a.com.au	u e
/IONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	12	Bendigo Classic	Capital Theatre, Bendigo	VIC	Daniel Lancefield +61 407 889 560
October	4	Victorian Championships	TBD	VIC	Daniel Lancefield +61 407 889 560
October	18	Australian Championships	TBD	VIC	Daniel Lancefield +61 407 889 560
Vovember	7	WFF World Championships	Pretoria, South Africa		Graeme Lancefield +61 408 350 983
		Fit Athletic F	Physiques www.	fitap.co	m.au
NONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	26	Victorian Championships	Phoenix Park Community Centre	VIC	fitathleticphysiques@gmail.com.au
			East Malvern		or 0478 058 970
		AN	B www.anb.com	ı.au	
MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	6	ANB WA Mayhem	Vasto Club, Balcatta	WA	David Salamon 0426 263 655
September	6	ASN Newcastle Northern Classic	Panthers Club, Newcastle	NSW	Robert Powell 02 9630 0338
September	13	North Queensland Naturals	Jupiters Casino, Townsville	QLD	Rhonda Barnes 0429 900 323
					anbnorthqueensland.com.au
September	13	ANB Canberra Championships	Australian Institute Sport	ACT	Matt 0432 273 822, asncanberra@hotmail.co
September	20	QLD Bodybuilding, Figure & Fitness Model Titles	Southport Sharks, Southport	QLD	Raylene 02 9639 0338
September	26	NSW Central Coast Natural Physique Titles	Impact Centre, Erina	NSW	Mick Moss 0412 656 548,
September	27	ANBSA Revolution	Norwood Town Hall	SA	David Salamon 0426 263 655, anbsa.com.au
)ctober	3	Natural Swimwear & Fitness Model Championships	La Trobe Uni, Union Hall, Bundoora	VIC	Maria McCarter 0417 055 922
October	4	Victoria State Bodybuiding & Figure Competition	La Trobe Uni, Union Hall, Bundoora	VIC	www.anbvictoria.com.au
October	10	Australian Oxygen Fitness & Model Championships		NSW	Robert Powell 02 9630 0338
October	11	Australian Bodybuilding & Figure Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338
		IFBB wv	vw.ifbbaustralia	.com.au	
MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
Vovember		NSW Championships for Men and Women	Cronulla Sharks Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
Vovember		Amateur Olympia and National Championships	Gold Coast Convention Centre	QLD	0410 403 530 or carole@ifbbaustralia.com.au
Vovember	TBA	Victorian Championships	TBA	VIC	Tony Doherty, tony@dohertysgym.com
Vovember	TBA	South Australian Championships	TBA	SA	Grace and Andrew Crawford, 0416 304 260
Vovember	TBA	West Australian Championships	TBA	WA	Mike O'Mara, 0414 443 254
Vovember	TBA	Queensland Championships	TBA	QLD	0410 403 530 or carole@ifbbaustralia.com.au
	15/1				o no recode a sarono embadatrand.com.du
			ww.wbffshows.		
	DATE	EVENT	LOCATION	STATE	CONTACT
MONTH October	17	The WBFF Australian Championships	The Arts Centre Gold Coast	QLD	www.wbffshows.com.au

Please forward calendar updates or changes to ironman@blitzmag.com.au

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